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April 2011
AED 15

GoodFood

For Easter!

MIDDLE EAST

- Garlic & herb roast lamb
- Hot cross buns
- Gorgeous family brunch

WIN! COOKING CLASSES, DINNER FOR TWO & A LUXURY WEEKEND GETAWAY!

TRAVEL
SHANGHAI

COUNTRY PUB
COOKING

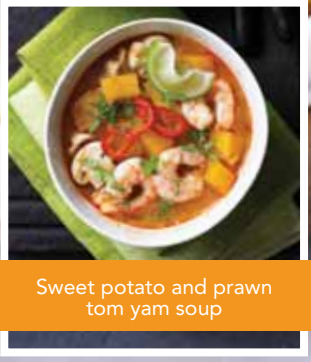
GIRLS NIGHT IN
SHARING MENU

LUNCHBOX
INSPIRATION

Easy, low-calorie
SUPPERS



Cauliflower and chickpea pilaf with poached egg



Sweet potato and prawn tom yam soup



Pasta with kale, anchovies and lemon

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Win a cooking masterclass worth AED 295 at Media One Hotel, Dubai Media city

Details on page 8



EDITOR'S NOTE



Spring into it

What is it about April that sings change, rejuvenation and fresh starts? Well, spring, of course you are probably thinking. In other parts of the world you can really see and smell the change – with pop corn-like blossoms bursting from trees, fragrant sweet peas and jasmine in abundance and those long-awaited bulbs that were planted a year earlier, raising their heads and flowering once again in new life. But, in the UAE, we don't really feel these seasonal changes… or do we?

Other than the sudden increase in temperature, these natural changes aren't as apparent here, but there is definitely something about this time of the year that makes us take stock of the first quarter and think about how we want to do things differently.

For me, eating habits are always a big part of this. It is too easy to eat out or order takeaways for dinner, and I am often guilty of buying an uninspiring salad or sandwich for lunch when I am glued to my computer screen in the office. Also, since I arrived in Dubai almost three years ago, I have promised my friends that I will cook my mum's famous slow-roasted leg of lamb one Saturday… an idea that has long been forgotten, along with my promise of baking a traditional South African milk tart! One day.

With all this in mind, I am trying to make a change this spring – pack more lunches (see page 18 for ideas), create healthy, fun and cost-effective dinners (get inspired on page 30) and finally, over Easter, make that slow-roasted leg of lamb (our cover star on page 52 is a fantastic recipe). I hope this month's issue inspires you to turn over a new leaf or two too, even if it's just a new leaf of organic lettuce in your home-packed lunch.

Relax, enjoy and savour *BBC Good Food ME*,

Lauren Hills, Editor
lauren@cpidubai.com



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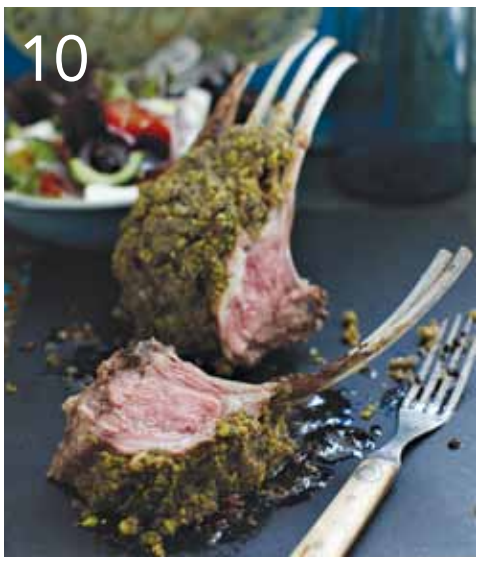


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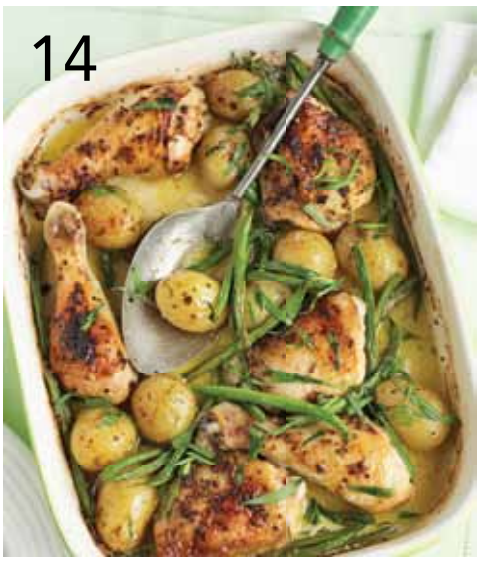
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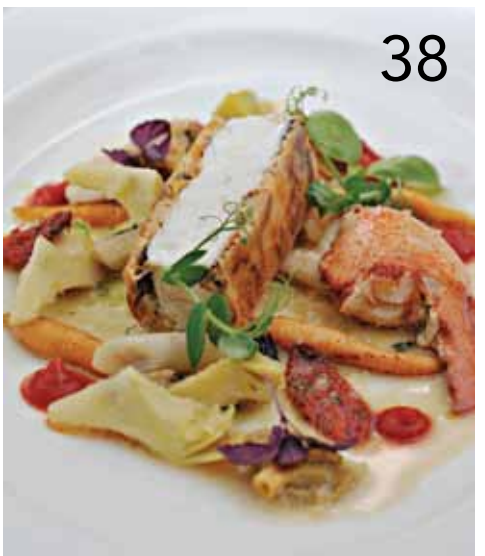
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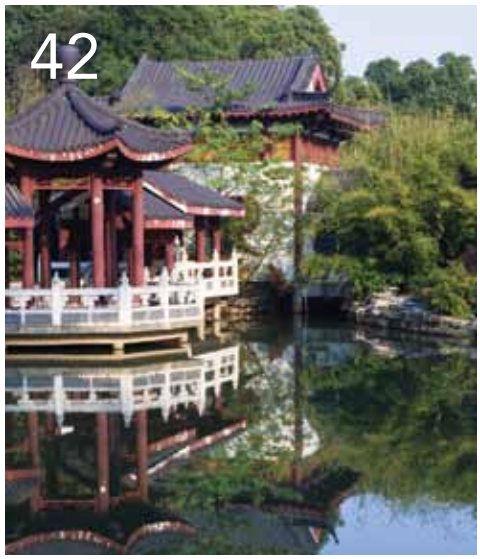
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ON THE **COVER**



Our recipe descriptions

- V **Suitable for vegetarians**
- **You can freeze it**
- **Not suitable for freezing**
- P **Contains pork**
- **Contains alcohol**
- **Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C or counts as one or two portions of your recommended 5-a-day fruit and vegetables.
- **Low fat** 12g or less per portion.
- **Good for you** Low in saturated fat, low in salt
- **Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

TAKE CARE!

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for this symbol:

- contains pork P
- contains alcohol



Layer cake
Lovely to look at and practical too, these gorgeous Sisters Gourmet cookie mixes make a fantastic foodie gift. Available at Milk & Honey, Palm Jumeirah



Sunnyside up
Bright and fun, these dish towels from Crate & Barrel make a practical Easter gift



Boxed beauties
Easter gift boxes available at Sprungli Middle East, Dubai Flower Centre



Spoon swoon
Cerise cherry utensils from Crate & Barrel





Pasta perfect
In the mood for pasta and spring veggies? Get a taste of Puglia at Carluccio's this month



Spring into Easter

Cute, floral, fun and fresh; these gifts, goodies and gadgets are lovely for spring celebrations

Can you handle it?
Chequered mugs in fresh, fun colours from Crate & Barrel





Fresh start
Wake up to fresh espressos at home with Gaggia's Baby Dose. Available at Dubai Garden Centre.



Cupcake party plate
These white, bright plates from Crate & Barrel are perfect for a spring celebration with friends



Bouncing biscuit bunnies
Lime Tree Cafe is selling some pretty, playful biscuits this April to brighen up the Easter hunt

The perfect gift
This Easter, why not treat a friend or loved one to a subscription to *BBC Good Food ME* magazine? For just AED 120, 12 issues will be delivered straight to their door. If you subscribe during April you will receive a lovely red mug and apron.





Farmhouse touch
Feminine, floral tea set from Villeroy & Boch



A taste of Puglia
Enjoy Carluccio's extra virgin olive oil from Puglia

Faster, easier, cleaner
the power of 3



The perfect Mother's Day gift for the mum who loves to cook

The power and efficiency of the Kenwood Triblade's 700 watt motor delivers gives you perfect, one-handed control to blend effortlessly.

Blend, mix, whisk or chop - whatever you want to do, the Kenwood Triblade is the quick, simple solution. The dishwasher safe, detachable triple blade system wand and attachments make light work of everything from baby food to mashed potato. Plus, the innovative Bigfoot™ pan blending attachment allows you to efficiently blend in the saucepan with no splashing.

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Top 10 foodie moments

Competitions, news, events, promotions; *BBC Good Food ME* keeps you in the know



1 HAVE YOU TRIED COSTA'S FLAT WHITE?

Costa has recently launched its new flat white, a coffee concept that originates in Australia and New Zealand and is becoming popular in the UAE.

'Richer than a latte and creamier than a cappuccino', is how Costa's flat white slogan goes, and when we tried it out, the drink most certainly had more strength and kick than a latte and was richer than your average cappuccino.

According to Costa, the purest essence of the coffee bean is extracted for this drink, resulting in a short espresso (cortissimo). The cortissimo is blended with milk that has been heated using a special technique that results in a very smooth texture. Skilfully created by the baristas, the drink is finished with intricate, caramel-coloured swirls in the velvety foam.

The flat white is available at Costa stores throughout the UAE at a cost of AED 16.



2 A taste of southern Italy

This April, Carluccio's is celebrating the beautiful produce of Puglia, an area known for its wonderfully warm climate and the delicious olives, aubergines and tomatoes (amongst other delicious produce) that grow there.

The Carluccio's extra-virgin olive oil from Puglia (AED 135 for 75cl) is the key ingredient of this promotion with its fruity and robust flavour. The unfiltered oil comes in a lovely, traditional ceramic flask, which protects its freshness.

Other items you can enjoy during this promotion is baked aubergine with pine nuts, savoury biscuits with fennel seeds, pugliese bread and a selection of olives.

3 WIN a Curries of the world dinner at Chef's House

The flavourful curries of India, Thailand, Mauritius and Malaysia are some of the delicious curries you can enjoy at Chef's House, Radisson Blu Dubai Media City as part of the restaurant's Curries of the World nights.

Two lucky winners can enjoy a tantalising Curries of the World dinner for two. To stand a chance to win, email competitions@bbcgoodfoodme.com with your name and contact details.

4 WIN a luxurious stay at Hilton Ras Al Khaimah Resort & Spa

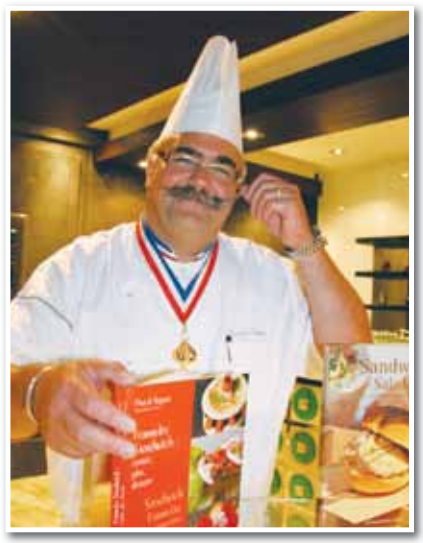


BBC Good Food ME readers have a chance to win two nights at the beautiful Hilton Ras Al Khaimah Beach Resort & Spa, with breakfast included.

To enter, email your name and contact details to competitions@bbcgoodfoodme.com.

foodie moments

5 Pascal Tepper French bakery comes to Dubai



The first Pascal Tepper bakery to open outside France has opened in Dubai Media City, and the menu holds fresh breads, pastries, fresh salads and sandwiches as well as a selection of premium tea, coffee and cold drinks.

Son of a baker, Tepper grew up in the heart of the family business at Pecquencourt (northern France) and his father gave him the taste for good bread and the passion for the business.

Tepper was awarded the title of 'Meilleur Ouvrier de France' (Best in France in the Bakery Trade) by former French President Jacques Chirac in 2000 for his contributions to baking as the crown of excellence acquired after many years of research and hard work.

6 Celebrate Easter with PAUL's chocolate cake

For this year's Easter celebrations PAUL Bakery & Restaurant is offering an indulgent chocolate treat, the Gateau aux 3 chocolates. Definitely one for the chocoholics, the cake is made up of a base of moist chocolate sponge and layers of dark, milk and white chocolate mousse. The cake is decorated with large chocolate curls and colourful marzipan eggs, the perfect tea time treat to enjoy with friends and family.

The cake will be available at any PAUL from 22 to 25 April 2011 and is available in two sizes: for 6-8 or for 8-10 people.





7 DUBAI'S FOODIE BLOGGERS TO WATCH

We all know that the UAE is filled with food lovers, but there are some foodies who take their passion for food to the next level by writing and photographing their favourite experiences through their blogs. *BBC Good Food ME* stumbled upon some wonderful blogs recently and we wanted to share them with you.

FooDiva; "A passion for all things foodie makes diva dine…or anything else that tickles her taste buds," writes blogger Samantha Wood, known to her readers as FooDiva. Her blog is filled with entries about restaurants, chefs and foodie products. With much experience in Dubai's hospitality industry, she knows the city and the dining scene well and her posts are, innovative, informative, critical and fun. *http://foodiva.net*

"Welcome to my kitchen in Dubai and my view of life through food-tinted sunglasses," writes the blogger of My Custard Pie. A homely, beautiful blog-site filled with cooking inspiration, the pages are warm and inviting. You feel as if you are sitting at the blogger's kitchen table, talking about food, enjoying the aromas of the kitchen and chatting about life. One of her recent posts included rolls of aubergine, feta and pine nuts, and *BBC Good Food ME* can't wait to try out this dish at home. *http://mycustardpie.com*

I Live in a Frying Pan is the blog-site of a writer who says she is "turning up the heat on [her] crazy obsession with the world of food." With incredible photos and a brilliant way with words, this blog is a look into cooking, recipes, ingredients and dining out from a curious and observant eye. *www.foodonymph.com*

foodie moments



8 Celebrate the Cherry Blossom Festival at Minato

For the month of April, Minato at The Radisson Blu Hotel, Dubai Deira Creek, is celebrating the Cherry Blossom Festival and the arrival of spring with a delicious set menu for AED 190 per person.

Japanese chef de cuisine, Chef Nakagawa is presenting a traditionally festive menu that includes sushi appetiser, smoked salmon salad, Japanese clear soup with seaweed and bamboo shoots, a fried delicacy of Sakura Ebi Kakiage and prawn tempura.

There is a delicious selection of Teppanyaki on offer too, featuring Japanese wagyu hamburger, grilled prawn with wasabi mayo, grilled scallop with sakura sauce.

Minato is open daily for lunch and dinner. For more information or for bookings call 04 205 7333.



9 Get cooking at Media One Hotel



Cooking enthusiasts have the opportunity to learn to make simple dishes well with French executive chef Nicolas Valero of Media One Hotel in a new series of cookery classes.

The programme offers practical ways to create special and impressive meals and will give learners advice on easy, alfresco entertaining. In partnership with Weber, chef Nicolas will look into the features of the BBQ grill to teach people how to create great quality cuisine in a social ambiance.

The course will be happening on 11 and 25 April and 9 and 23 May as well as 6 June. The cost is AED 295 per session but for a full course of 5 sessions costs AED 1325 (10 percent discount).

WIN WIN WIN

Stand a chance to win your place at the Media One cooking class on either 11 April or 9 May, valued at AED 285 per class!

The competition closing date for the April class is on 7 April, and for the May class is on 5 May. To enter the competition, answer the question: Who is the executive chef of the Media One Hotel? And, send your answer, name and contact details to *competitions@bbcgoodfoodme.com*.

10 Tour de Vin at Rostang



French Michelin-starred chef Michel Rostang was in Dubai last month to launch the new Tour de Vin concept at his French brasserie restaurant Rostang, Atlantis The Palm.

Rostang's Tour de Vin takes diners on a gastronomic 'tour' each week to one of the best-known wine regions in France to celebrate the food, wine, culture and French L'Art de Vivre. This culinary journey is now an ongoing feature of the restaurant.



BBC Good Food ME raises over AED 3500 for charity

As part of this year's Taste of Dubai festival, *BBC Good Food ME* held a Charity Bake where Food Club members, subscribers, readers and friends baked goodies that were given away for donations. AED 3570 was raised, and all of the money has gone to charity.

Mountains of gorgeous treats ladened the tables at *BBC Good Food ME*'s stand at Taste of Dubai, with bakes that included almond biscottis, lemon drizzle cake, almond-marmalade pies, African sweet chilli sauce and so much more. Huge thanks to those of you who baked for us, as well as to the public who stopped by to purchase the cakes.

The money raised has gone to an animal sanctuary in Abu Dhabi that has closed down recently and is trying to re-home, feed and look after many domestic animals, as well as to a destitute couple in Dubai that recently had sextuplets and needs support to feed and clothe their babies.

Thank you so much to the Good Food charity bakers and donators: Chiara Dodd, Roberta Hili, Reka Rattner, Nicholas Rego, Jethani Kanta, Namita, Arige Jomaa, Nicola Watson, Shafaq Faisal, Angela Morgan, Mehnaz Anshah, Sidiqa Sohail, Nausheen Noor, as well as to Appetite Catering and Costa Coffee who donated boxes of delicious treats. A big thank you to Indigo Living too, for the beautiful tables they loaned to us for the festival.

Top products recognised

As part of the BBC Good Food ME Awards we launched a product-based section to recognise and award some of the shops that stock our favourite ingredients and produce.

The winners are: BEST FOR BREAD, Waitrose; BEST FOR ORGANIC, Organic Foods and Cafe; BEST FRESH FRUIT AND VEGETABLES, Spinneys; BEST FOR LOCAL PRODUCE: Union Co-op, BEST FOR SEAFOOD: LuLu Hypermarket; BEST FOR MEAT, Park n Shop; BEST FOR SPICES, Al Adil Trading; BEST FOR CHEESE, Spinneys; BEST FOR CAKES AND PASTRIES: Paul Bakery & Restaurant; BEST COFFEE: Costa Coffee.

In line with the main categories of the BBC Good Food ME Awards, the winners were chosen through a combination of choices made by our independent judging panel.





New beginnings

During this month of renewal, *Suzanne Husseini* looks at the importance of sharing the joys of the kitchen with your children

An old Arabic proverb states that 'the son of a duck is a floater'. Our children learn more by our actions than what we attempt to preach to them.

Recently, I happily accepted an invitation to participate, for the second time, in the Abu Dhabi Book Fair. I always welcome the efforts to bring books and reading to life in the hearts of our children. Cookbooks are very prominent at the fair and also serve to nourish our minds with the joy of cooking.

The Emirates Festival of Literature is another celebration of the written word that continues to blossom year after year. One of my roles at the book fair was to do a cooking session with children in the beautiful show kitchen.

There were no fancy electric gadgets. With a bowl and a whisk in their hands the children turned liquid cream into fluffy whipped cream. They sweetened it with sugar, garnished their finished dessert with fresh fruits and delighted in eating their hand-made creations; licking their bowls clean.

All that clatter and giggling was music to my ears, as I knew how much they enjoyed making a mess and savouring the results. Amidst the sounds of joy and accomplishment I heard a child's voice say: "I don't want to do this, this is maid's work…"

The words still ring in my ears and took my breath away, and left me feeling sad at the thought that this child sees the cooking experience as a form of labour for someone else to do. How did this dear child come to that conclusion? Where did he learn that making food is a chore?

I wanted to know the answers and this child made it clear that in his home the maid cooks, cleans and serves his family. And what made it more disheartening is that he spoke as if that's the way it should be. From the mouths of babes, the truth is spoken. Sadly, this child didn't share the happiness all the other children were feeling. He didn't get it, because his family never modelled the joy of cooking in his home.

In this month of renewal and looking to the future with hope and optimism, let's invite our children to share in the joyful process of cooking a meal. Let them whisk the eggs and tear the lettuce. They can drizzle oil, and roll dough. They can decorate cookies and colour Easter eggs.

Little hands can pat the pistachio crust on the racks of lamb (see recipe). They can do everything if we let them. Let's teach them that real food doesn't come in a styrofoam box, and that some food requires time and patience, and that it's worth waiting for. They will take pride in their edible creations and that is empowering.

I believe our responsibility to our children is to teach them to care deeply about one another, because that will be the spark that changes the world. It is just as important to care about the food we put in our bodies. The disconnection with food and its source is adding to the unhealthy eating behaviors of our children that have made obesity and Type 2 Diabetes a common disease and especially in the UAE.

Cooking is an adventure that children will always relish if allowed to experiment. I applaud all the parents who let their children make a mess and see the value of the learning experience. Amidst all that clutter, spills and sticky mess, love is born in the kitchen.

Celebrity cookbook author and Arabic cooking show presenter Suzanne Husseini is a monthly columnist for *BBC Good Food ME* magazine. For more information on Suzanne visit *www.suzannehusseini.com*.



Photography PETRINA TINSLAY

Herb and pistachio crusted rack of lamb

4 SERVINGS

2 racks of lamb (cleaned, French trimmed, and patted dry)
2 tbs olive oil
salt and pepper
cup butter, room temperature
1 cup fresh parsley
cup fresh coriander
1 tsp ground allspice
1 tsp paprika
zest of 1 lemon
1 cup fresh breadcrumbs (white bread, crusts removed)
1 cup pistachio nuts, ground, not too fine
6 cloves garlic, mashed

Preheat oven to 200C. Rub the lamb all over with olive oil and season with salt and pepper. Put racks on a baking pan with meat side up and roast for 15 minutes. Remove to cool but leave the oven on and lower the temperature to 180C.

In a food processor, place butter, parsley, coriander, garlic, lemon zest and pulse a couple of times. Then add the breadcrumbs and pistachios and continue to pulse to incorporate, ensuring that it remains coarse. Spoon the herb and nut mixture on top of the lamb, meat side up, and, using your hands, pat down to stick.

Return the lamb racks to the oven and finish roasting for another 15 minutes. Remove and cover loosely with aluminum foil and leave to rest for 5 minutes before serving.



APERITIVO ITALIANO . . .





MILAN – ROME – TURIN – BALCELONA – MADRID – DUBAI: Aperitivo," the rich uncle of the "Happy Hour," is the beloved Milanese tradition of pre-dinner drinks accompanied by complimentary "stuzzichini," or appetizers.



Aperitivo offers a moment of relaxation
at the end of a day

Sunday till Wednesday
From 4:00 pm till 8:00 pm

AED 68.00 per person

Selection of mini sandwiches and salads, cold pasta, appetizers, fruit platter, accompanied by your choice of cocktail

"Il Caffè di Roma" at The Walk,
Jumeirah Beach Residence, tel. 04 437 0228

IL CAFFÈ DI ROMA
LAVAZZA

14 Croque madame



32 Orzo, cucumber and dill salad with salmon



16 Spaghetti with sardiness



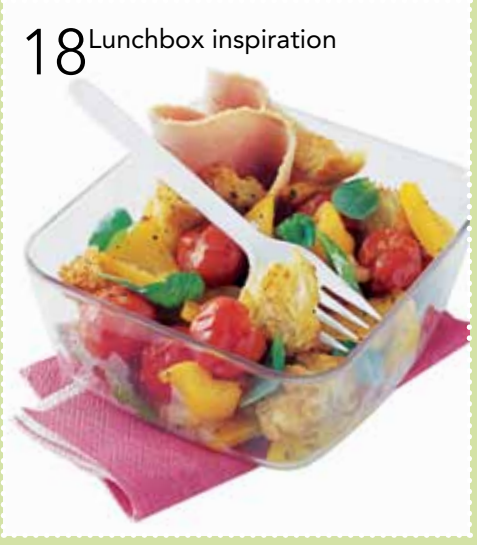
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- 10 easy omelettes
- Ready in 30
- Health Talk

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18 Lunchbox inspiration



30 Open steak sandwich with balsamic shallots



Make it tonight

Quick, easy and delicious – great-value suppers to enjoy every night of the week

RECIPES **ROSIE REYNOLDS AND LUCY NETHERTON** PHOTOGRAPHS **WILL HEAP**

Croque madame

SERVES 1 ● PREP 5 MINS ● COOK 10 MINS Easy

2 thin slices ham
50g/2oz Monterey Jack or cheddar, grated
2 chunky slices bread, such as sourdough
2 tbsp butter
1 egg
handful salad, to serve

1 Heat a frying pan on a medium heat and put oven on low. Put the ham and cheese between the bread slices and press to seal, then spread half the butter on the outside of the sandwich on both sides.
2 Fry in the pan, pressing down with a fish slice, for 1-2 mins until golden then flip and cook the other side. Keep warm in the oven. Melt remaining butter in the pan and fry egg for 1-2 mins until cooked. Top the croque with the egg and serve with salad.

PER SERVING 783 kcals, protein 35g, carbs 51g, fat 50g, sat fat 28g, fibre 4g, sugar 2g, salt 3.54g

MAKE IT DIFFERENT

Quick Italian toastie

Use **Parma ham**, **50g torn mozzarella** and a few **sun-dried tomatoes**, and skip the egg – great with a rocket salad dressed with olive oil.

Speedy supper for one



MONEY WISE

Honey, mustard & crème fraîche baked chicken

SERVES 4 ● PREP 10 MINS ● COOK 45 MINS Easy

4 tbsp crème fraîche
2 tbsp grainy mustard
2 garlic cloves, crushed
150ml/¼pt chicken stock
8 skin-on chicken drumsticks and thighs
500g/1lb 2oz baby potatoes
200g/7oz green beans
2 tbsp clear honey
½ small bunch tarragon, roughly chopped

1 Heat oven to 200C/180C fan/gas 6. Mix together the crème fraîche, mustard, garlic and stock with some seasoning. Arrange the chicken, skin-side up, in a roasting tray just large enough for the chicken and vegetables.
2 Tuck the potatoes and beans in between the chicken pieces. Pour over the stock mixture then season the chicken and drizzle with honey. Cook for 40-45 mins until the chicken is cooked through and the potatoes tender. Scatter over the tarragon before serving.

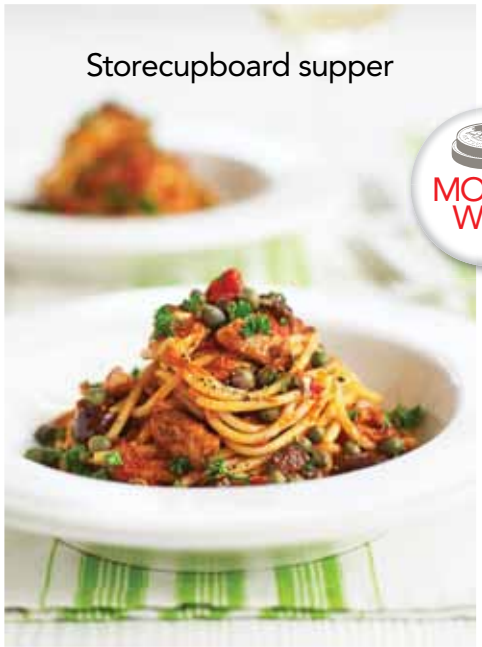
PER SERVING 695 kcals, protein 53g, carbs 29g, fat 42g, sat fat 14g, fibre 3g, sugar 9g, salt 0.97g



Simple one-pot

Noix de Saint-Jacques au parmentier de céleri-rave et pomme de terre, jus de volaille

Pan fried king scallops on a potato and celeriac risotto served with a chicken jus



Spaghetti with sardines

SERVES 4 ● PREP 5 MINS ● COOK 15 MINS

Easy **Superhealthy** Counts as 1 of 5-a-day, good source of omega-3s, heart healthy

400g/14oz spaghetti
1 tbsp olive oil
2 garlic cloves, crushed
pinch chilli flakes
227g can chopped tomatoes
2 x 95g cans skinless and boneless sardines in tomato sauce
100g/4oz pitted black olives, roughly chopped
1 tbsp capers, drained
small handful parsley, chopped

1 Cook the spaghetti in a large pan of boiling salted water according to pack instructions. Meanwhile, make the sauce. Heat the oil in a medium pan and cook the garlic for 1 min. Add the chilli flakes, tomatoes and sardines, breaking up roughly with a wooden spoon. Heat for 2-3 mins, then stir in the olives, capers and most of the parsley. Mix well to combine.
2 Drain the pasta, reserving a couple of tbsp of the water. Add the pasta to the sauce and mix well, adding the reserved water if the sauce is a little thick. Divide between 4 bowls and sprinkle with the remaining parsley.

PER SERVING 495 kcals, protein 21g, carbs 77g, fat 14g, sat fat 2g, fibre 5g, sugar 5g, salt 1.07g



Sweet & sticky wings with classic slaw

SERVES 6 ● PREP 10 MINS ● COOK 40 MINS Easy

4 tbsp ketchup
4 garlic cloves, crushed
3 tbsp soft brown sugar
4 tbsp sweet chilli sauce
4 tbsp dark soy sauce
1 kg/2lb 4oz chicken wings
1 small white cabbage, shredded
3 large carrots, grated
1 large onion, thinly sliced
8 tbsp light salad cream or mayo

1 Heat oven to 200C/180C fan/gas 6. In a large bowl, mix the ketchup, garlic, sugar, half the sweet chilli sauce and the soy sauce with some seasoning. Tip in the wings and toss to combine so that they are all coated. Transfer to a large roasting tray or two smaller ones, in a single layer. Roast for 35-40 mins until cooked through and golden.

2 Meanwhile, make the slaw. Mix the vegetables with remaining chilli sauce, salad cream or mayo and seasoning. Pile the wings onto a large platter and transfer the slaw to a serving bowl. Let everyone dig in and help themselves.

PER SERVING 341 kcals, protein 19g, carbs 27g, fat 18g, sat fat 4g, fibre 4g, sugar 25g, salt 2.61g

A beautiful home

Interior inspirations from Leigh-Ann Steele

Top household tips this month

Recommended by the experts at Under One Roof



Paul,
General Manager,
Kitchen division

1. Make sure all windows and doors are properly sealed during summer to avoid wasting energy.
2. If you're planning any renovation work, make sure you leave at least 3 months to plan it properly.
3. Make sure all AC units are serviced at least twice a year. This will avoid costly repairs when things go wrong.
4. Ask for recommendations from your friends and family before employing a builder.
5. Ask the company carrying out the work for references and to see previous work. If they are reputable they won't have an issue providing these.
6. Make sure proper approvals have been granted by the developer before undertaking any work on your property.
7. Facelift your villa or apartment by retiling and freshening up the paint with colour. Maximum effect for a minimal investment.
8. Kitchens and bathrooms are key areas for improvement to add value to your home.
9. Change dark wood railings, internal doors and frames by Permaglazing. It's non-scratch and chip resistant.
10. Change your splash back tiles for back painted glass to modernise the look of your kitchen. Make sure it's toughened for safety and installed by a professional.





Leigh-Ann,
Sales Manager
Kitchen division



"By removing the wall between your kitchen and dining room, you'll not only create more space but allow the light to flow through. It's more sociable and you can chat to your guests. Move the sink and dishwasher to the utility room out of sight. Install a small sink into the main kitchen area for general use," Leigh-Ann Steele, sales manager of Under One Roof.

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10 lunchbox fillers

Bored of sandwiches? Perk up the whole family's lunchboxes with these quick, clever alternatives RECIPES **SARAH COOK** PHOTOGRAPH **KEN FIELD**

GROWN-UP GOODIES

Crisp bread salad

Scatter a baking tray with ½ **yellow pepper**, chopped into chunks, **10 cherry tomatoes** and **a thick slice bread**, torn into pieces. Drizzle with **2 tsp olive oil**, season, then roast at 200C/fan 180C/gas 6 for 10 mins until the bread is crisp. Add some **basil leaves** and pile into a container with some **ham slices**, if you like.

Spanish tortilla wedges

Heat oven to 180C/fan 160C/gas 4 and toss together **800g cooked, sliced potatoes**, **1 sliced red onion**, **200g sliced roasted peppers** and **200g peas** in a large ovenproof dish. Quickly break up **8 eggs** with a fork, season with salt and pepper, pour over the veg, then bake for 20-25 mins until set. Cool and slice into 8 wedges.

Falafel quick-mix

Cook **5 falafel** according to pack instructions, then cool. Toss together **100g cooked bulghar wheat**, **2 sliced spring onions** and **5 halved cherry tomatoes**, and pack into a lunchbox with the falafel and ½ **tub tzatziki**. To eat, quickly mix together the salad and falafel and drizzle with tzatziki.

Blitz-it-up gazpacho

In a food processor or using a blender, whizz **250g passata** with **1 small**, **crushed garlic clove**, **1 tsp sherry vinegar** and a **good squeeze lime juice**. Throw in some **diced cucumber** and **red pepper** and **a small handful kidney beans**, then pour into a flask to keep cool.

Fruity prawn noodles

Cook **1 block dried egg noodles** according to pack instructions, then rinse with water to cool. Drain and toss with **a handful cooked prawns** and **sugar snap peas**, **1 tsp olive oil**, **juice** ½ a lime and ½ **chopped mango**. Keep chilled until lunchtime.





Ham & cheese roll-ups

Spread **a large tortilla with 2 tbsp cream cheese** and some **snipped chives**. Top with **shredded lettuce**, **1 slice ham**, torn into pieces, and **2 tbsp sweetcorn**. Roll up tightly, then wrap in foil or cling film to secure until lunchtime.

Nutty chicken skewers

Mix **1 tbsp natural yogurt** with **1 tsp tandoori curry powder** and brush over **1 chicken breast**, sliced into 3 long strips. Thread the chicken onto 3 skewers, grill for 3-4 mins each side until cooked through, then cool. Pack the skewers in a lunchbox with **a small pot peanut satay sauce** and some **celery** and **carrot sticks** for dipping.

Scone pizza pinwheels

Make up 1 **pack of scone mix** and roll into a rectangle 1cm thick. Spread with **100g tomato pasta sauce**, and **scatter with small tin of tuna**, **3 sliced spring onions** and **a good handful grated cheese**, or your favourite pizza toppings. Roll up from one edge, slice into 2 finger-width rounds, and bake according to pack instructions.

Pea & pesto pasta

Cook **85g pasta bows**, following the pack instructions, and tip in **50g frozen peas** for the final 4 mins of cooking. Drain the peas and pasta, then rinse under cold water to quickly cool. Tip into a small container and mix in **1 tbsp pesto** and **1 tbsp crème fraîche**.

Rainbow rice

Chop **a cucumber chunk** and ½ **yellow pepper** into small pieces, and mix with **2 tbsp sultanas**, **100g leftover rice** and ½ **carrot**, grated. Stir together **1 tbsp mango chutney**, **1 tsp oil and a squeeze lemon juice**, then mix everything together.

Are you fun and passionate ?

YES

NO

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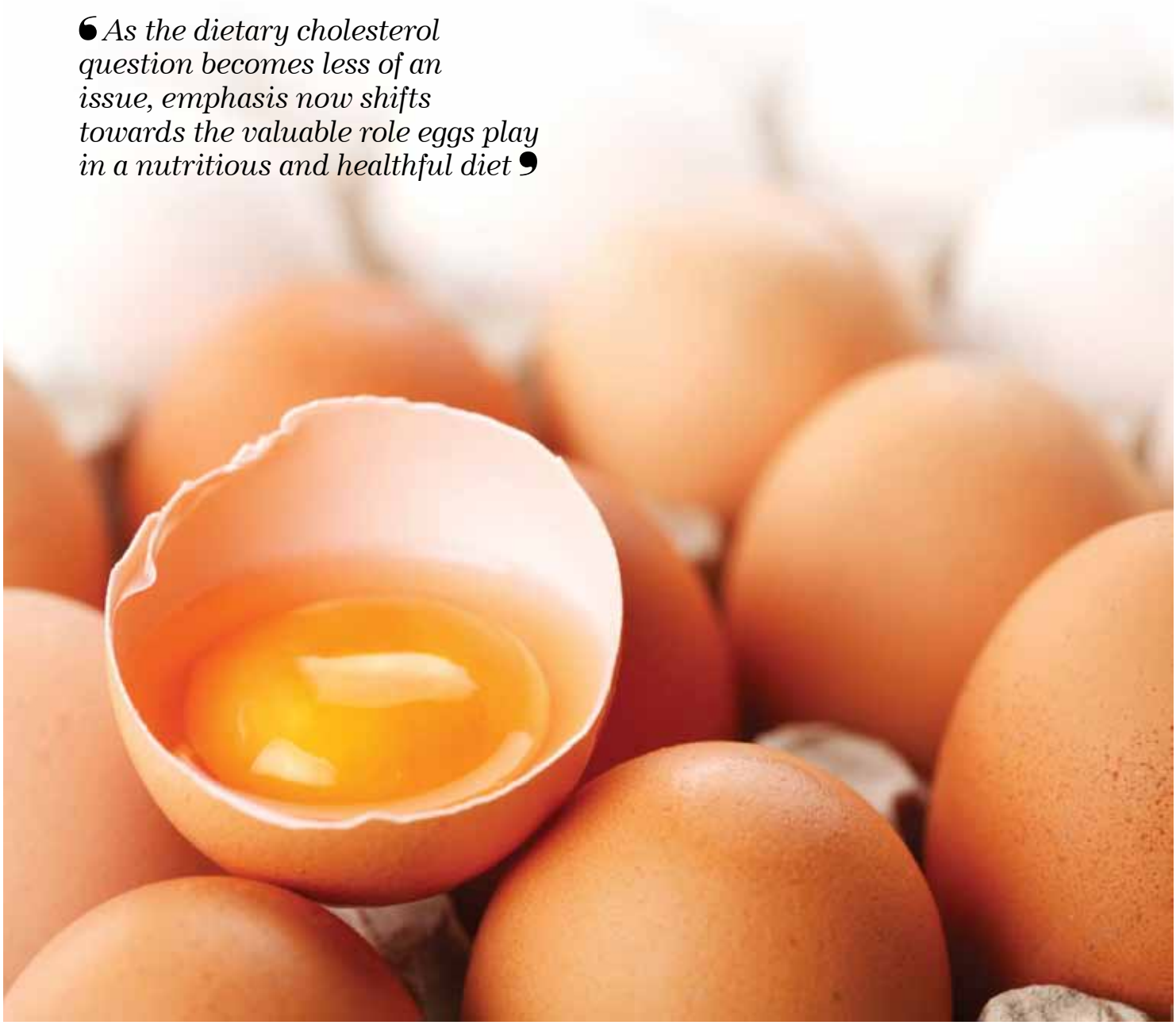
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Eggcelent choice

While in the past eggs have been denounced for being fatty and too high in cholesterol, they in fact contain very high quality food protein and are a great source of vitamins and minerals. *BBC Good Food ME* looks into the nutrition in eggs

‘As the dietary cholesterol question becomes less of an issue, emphasis now shifts towards the valuable role eggs play in a nutritious and healthful diet’





With a combination of essential amino acids, needed by humans to build tissues, and thirteen essential vitamins and minerals, eggs contain very high-quality food protein. While myths about eating too many eggs and avoiding the egg yolk exists, if you are eating a balanced diet, you don't need to cut down on your egg intake unless your GP or dietician has advised you to do so.

A large egg contains only 75 calories and 5 grams of fat, and egg yolks are one of the few foods that naturally contain vitamin D. Egg yolks do contain cholesterol, but it is a type called dietary cholesterol that has much less effect on the level of cholesterol in our blood than the saturated fat of animal products, and holds nutrients that many of us are deficient in – especially high-quality protein and fat.

"There are two types of cholesterol: the good and the bad. It is found in the fats in the bloodstream and in the cells. The body needs cholesterol for forming cell membranes, producing vitamin D and other functions, but too much leads to a high risk of coronary disease. High Density Lipoprotein (HDL) is the good cholesterol and carries one third to one fourth of the cholesterol in the blood. HDL carries cholesterol away from the arteries and into the liver, where it is eliminated from the body," says Carole Holditch, UAE-based nutritionist and founder of Good Habits.

Dietary cholesterol, as found in eggs, carries a good amount of this HDL cholesterol, and for the past two decades, clinical studies investigating the link between dietary cholesterol and the risk of cardiovascular disease has indicated that excluding eggs does not lessen the risk, and in fact, has a negative impact on the nutritional quality of our diets as a whole. This is according to Dr Donald McNamara of the Egg Nutrition Center of America, who says that the data fully supports the view that "an egg or two a day really is ok".

"as the dietary cholesterol question becomes less of an issue, emphasis now shifts towards the valuable role eggs play in a nutritious and healthful diet," says McNamara.

According to Holditch, eggs contain several important nutrients including choline, which is necessary for healthy cell membranes in all of your body and helps with mental function and memory; selenium, which is a powerful antioxidant; vitamin A, which is important for general night vision, cell renewal and healthy skin, to name just a few of the nutrients.

If you are interested in losing weight and have been advised by your GP not to eat dietary cholesterol, you can opt for eating the egg whites only, which is a great low-fat, low-carbohydrate, high-protein option. However, the egg whites do not contain the cholesterol that is found in the egg yolk, and by avoiding them, you are missing out on many health benefits found in the nutrient-dense yolk.

Now that you know about the general nutritional value of eggs, it is also important that you choose the right eggs. The higher quality, free-range organic eggs come from hens that are healthier, live longer, and that produce eggs with superior flavour and nutritional content than their factory-raised counterparts. Organic eggs are also far less likely to be contaminated with salmonella.

An egg is certified organic if the chicken was only fed organic food, which means it will not have accumulated high levels of pesticides from the grains fed to typical chickens. All certified organic eggs come from free-range chickens (hens that have constant day time access to an outside range) and from smaller flocks to encourage better welfare.

It is important to avoid marketing terms like 'farm fresh' or 'farm assured' as this doesn't actually mean anything specific. The term 'organically-fed' is also a misleading term, as this doesn't mean the eggs come from organic or free-range hens, and may still come from caged hens. UK-based investigative food journalist Joanna Blythman says that "if you look at an ingredients label and just see the word eggs, without any qualifying 'free range' or 'organic', you can reasonably assume that they come from caged hens."

"All organic eggs come from free-range hens. The hens eat an organic, vegetarian diet and there is no fertiliser in the feed, and the egg is free from pesticides, hormones and antibiotics. The protein in these eggs is of a much higher quality and the egg has a better flavour. If you are looking at the benefits of organic, you can argue as much as you like about the nutritional facts, but one thing is for sure, it doesn't have the junk in it. It's not only about what's in it, more about what's not in it," says Nils El Accad the CEO of Organic Foods and Café.

Eggs are a fantastic source of good fat and protein and carry many beneficial nutrients. To get the best from your eggs, be sure to check the egg boxes at the supermarket and choose eggs that are certified organic.

10 easy omelettes



Keep a box of eggs in the fridge and you'll always have dinner on standby – an omelette makes a great supper for one or feed the whole family with a delicious frittata

FOR A PERFECT OMELETTE

Break up 2 eggs with a fork and season well. Melt a small knob of butter in a non-stick frying pan until foaming. Pour in the eggs. After 10 secs, draw the edges of the mixture towards the middle, and stir to mix the uncooked with the cooked egg. Cook for 1-2 mins until golden underneath. Fold onto a plate.

Cheesy mushroom omelette

Soften **85g sliced mushrooms** in a **knob of butter** in a small non-stick pan. Pour in **2 eggs**, beaten and seasoned, then cook as above. When the omelette is ready, scatter **a small handful grated cheddar** over the surface, and use a spatula to fold in half.

Smoked salmon & watercress

Fold **a small handful smoked salmon trimmings** into **4 tbsp cream cheese**, then add a good **squeeze lemon juice**. Dollop into the middle of a warm omelette, cooked as above, sprinkle with ground **black pepper**, then top with a good **handful watercress**. Great for brunch.

Chicken spring roll-ups

Bin the bread with this clever sandwich idea. Beat **1 egg** with a little seasoning, then heat a little oil in a small non-stick frying pan. Pour in the egg, swirling around the pan to make a thin omelette. Cook for 20 secs each side, then fill with **grated carrot**, **beansprouts**, **shredded cooked chicken** and **sweet chilli sauce**, then roll up.

Crab, avocado & chilli treat

Drain a **small tin crabmeat**, then mix with **100ml crème fraîche**, the **juice ½ lime**, **½ tsp chopped red chilli** and **1 tbsp roughly chopped coriander leaves**. Slice a **small avocado**, then lay over one half of an omelette, cooked as above. Pile the **crab mixture** over, then fold.

Herby omelette salad

Beat **1 egg** with **2 tbsp chopped fresh mixed herbs** (such as parsley, mint, basil). Make a thin omelette, as before, then roll and slice along the length into ribbons. Toss with **a few handfuls salad leaves**, **1 tbsp chopped walnuts**, **a few SunBlush tomatoes** and a good glug of your favourite **dressing**.

FOR A PERFECT FRITTATA

Break up 8 eggs with a fork and season well. Heat a little oil in a large, non-stick frying pan over a medium heat. Add any flavours or fillings, then fry in the pan until cooked through. Pour in the beaten eggs. Cook for 5-8 mins, without stirring, until set underneath and almost set on top, then grill or finish in a hot oven until the surface is set and slightly puffed. Slice into wedges like a pizza to serve.

Full English frittata

Sizzle **6 rashers streaky bacon** in a large frying pan until just crisp. Remove, then add **6 chipolatas**, fry for 8-10 mins until cooked. Add **100g quartered mushrooms** and **250g cherry tomatoes** for 2 more mins. Pour in **8 beaten eggs**, season, then gently cook for 6-8 mins until the edges are set. Top with the bacon, then flash under a hot grill until golden and set. Slice into 6 wedges, then serve with bowls of **baked beans**.

Squash & spaghetti

Roast **1 diced butternut squash** with 2 **tsp olive oil** and **2 tsp chopped rosemary** at 200C/fan 180C/gas 6 for 20 mins until tender. Mix with **150g cooked spaghetti**, **6 eggs** and **50g grated Parmesan**. Season, tip into a non-stick frying pan, then cook for 5-8 mins until beginning to set. Sprinkle over **extra Parmesan**, then grill until golden.

Courgette & feta feast

Soften **2 sliced courgettes**, **6 chopped spring onions** and **100g peas** in a frying pan with **knob of butter** for 5 mins. Break up **8 eggs** with a **small handful chopped mint**, season, then pour into the pan. Crumble over **200g feta**, then cook for 5-8 mins, then grill to brown. Great as a light lunch.

Tortilla lunchbox fillers

Heat oven to 180C/fan 160C/gas 4. Peel and thinly slice **800g potatoes**, then fry with **2 sliced onions** in **2 tbsp olive oil** for 20 mins until soft. Stir in **300g sliced roasted peppers**, **1 tsp thyme leaves**, **8 beaten eggs**, season, then tip into a baking tray. Bake 20-25 mins until set. Slice into squares and eat hot or cold.

Hot tuna Niçoise

Drain **2 x 185g cans tuna**, flake, then mix with **6 beaten eggs**, **200g cooked new potatoes**, **100g cooked green beans** and **a handful olives**. Pour into a large frying pan, sprinkle with **1 tbsp capers**, cook for 5-8 mins until starting to set, then grill to finish. Try with a tomato salad.

recipes SARAH COOK | photograph SIMON WALTON

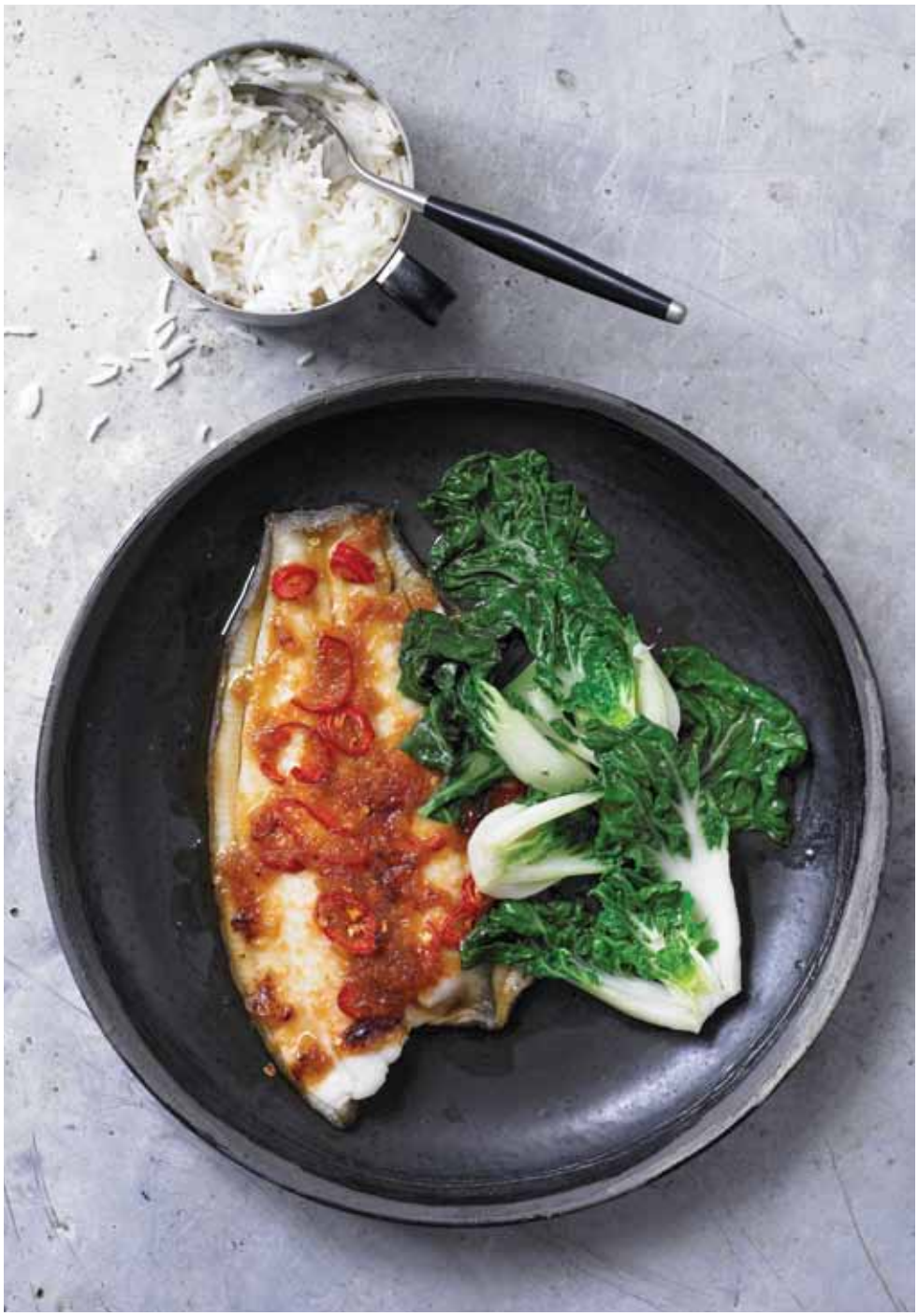


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Ready in 30

Fast, healthy, after-work recipes, all low-fat or under 500 calories

RECIPES **JEMMA MORPHET** PHOTOGRAPHS **DAVID MUNNS**



Ginger lemon sole with Chinese greens

15 MINUTES ● SERVES 2 ● Easy

2 fillets skinless lemon sole
1 ball stem ginger in syrup, finely chopped, plus 1 tbsp syrup from the jar
1 red chilli, sliced
4 garlic cloves, crushed
1 tbsp soy sauce
vegetable oil
300g pak choy or other Chinese greens, cleaned and sliced if large
cooked rice to serve (optional)

1 Put the lemon sole on a baking tray. Mix the ginger plus syrup, chilli, half the garlic and soy in a small bowl. Spoon over the fish. Put under a hot grill for around 4-5 minutes, depending on thickness of fillets, or until cooked through.
2 Meanwhile, heat 2 tsp of oil in a wok. Tip in remaining the garlic and soften for 10 seconds before adding the pak choi or greens. Cook for 3-4 minutes, until just wilted and tender. Pile the greens on a plate alongside fish and drizzle with the gingery juices. Serve with a small bowl of cooked rice, if you like.

PER SERVING (without rice) 194 kcals, protein 20.6g, carbs 15.4g, fat 5.9g, sat fat 1g, fibre 2g, salt 1.88g

Styling | JO HARRIS | Food styling | SONJA EDRIDGE



Sweet potato and prawn tom yam soup

20 MINUTES ● SERVES 2 ● Easy

REALLY REALLY EASY

700ml chicken stock
4 tsp tom yam paste
1 stalk lemongrass, trimmed and cut in half lengthways
3 lime leaves
1 sweet potato, peeled and cubed
2 limes, 1 juiced and 1 cut into wedges
6 button mushrooms, halved
1 red chilli, de-seeded and sliced (optional)
200g raw prawns
handful coriander, chopped

1 Put the stock, tom yam paste, lemongrass and lime leaves in a large pan and bring to a simmer. Tip in the sweet potato and cook until tender for about 8 minutes.
2 Add the lime juice, mushrooms, chilli and prawns. Simmer until prawns are cooked through. Ladle into bowls and serve with a scattering of coriander and extra lime wedges forsqueezing.

PER SERVING 203 kcals, protein 20.6g, carbs 25.2g, fat 3g, sat fat 0.3g, fibre 3g, salt 3.49g

Rôti de canette à la sauce de Myrtilles et Pommes Caramélisées

Succulent duck breast cooked 'pink' with bilberry sauce and caramelized apples



Cauliflower and chickpea pilaf with poached egg

30 MINUTES ● SERVES 2 ● Easy

75g basmati rice
2 onions, finely sliced
vegetable oil
150g cauliflower, broken into small florets
1 tbsp curry paste
200g tin chickpeas, drained and rinsed
2 eggs
a large handful coriander, roughly chopped

1 Cook the basmati rice following the packet instructions. Then soften the onion in 2 tsp oil for about 10 minutes, until golden. Remove from pan and tip in cauliflower along with a drizzle more oil and sauté for 1 minute. Add the curry paste and cook gently for 3 minutes more. Stir in 100ml water, turn down the heat and cover the pan with a lid. Cook until just tender, adding the soft onions half way through, stirring frequently. Remove lid and cook down until liquid has gone. Add chickpeas and heat till piping hot.
2 Meanwhile, poach the eggs until the whites are totally set and the yolks are still runny. Fork the cooked rice through the cauliflower mix, scattering with coriander. Serve, topping each portion with a poached egg.

PER SERVING 402 kcals, protein 19.1g, carbs 50.4g, fat 15.2g, sat fat 2.6g, fibre 5.7g, salt 0.87g



Pasta with kale, anchovies and lemon

15 MINUTES ● SERVES 2 ● Easy

175g conchiglie or other short pasta
olive oil
6 anchovy fillets
3 cloves garlic, crushed
100g kale, washed, chopped and tough stalks removed
1 lemon, large pinch of zest
2 tbsp half-fat crème fraîche

1 Cook the pasta following packet instructions.
2 Meanwhile put 2 tsp oil in a frying pan and add the anchovies and garlic. Cook over a low heat until the anchovies have melted and the garlic softened. Add the kale and cook until tender. Stir in the cooked, drained pasta, lemon zest and crème fraîche and season.

PER SERVING 384 kcals, protein 15.4g, carbs 63.6g, fat 9.3g, sat fat 2.3g, fibre 2g, salt 0.99g

La Tourangelle inspirations

Let La Tourangelle take your dishes to new heights. Beautifully presented and well priced, and with fantastic health benefits, the Sesame Oil and Pistachio Oil will be an exciting addition to your kitchen



Harissa patties with quinoa

30 MINUTES N SERVES 4 ● Easy

250g quinoa
500g lean chicken mince
1-2 tbsp harissa, depending how hot you like it
1 red onion, 1/2 grated and 1/2 thinly sliced
olive oil
a large handful mint, chopped
a large handful parsley, chopped
1 pomegranate, seeds removed
2 oranges, segmented, membrane removed

1 Cook the quinoa following packet instructions. When cooked rinse with cold water and drain thoroughly.
2 Meanwhile mix the mince, harissa and grated onion in a bowl with some seasoning, until well combined. Roll into small walnut sized balls. Heat 1 tbsp oil in a large non-stick frying pan. Fry the patties for around 15 minutes, turning until golden all over and cooked through.
3 Mix the quinoa with the sliced onion, mint, parsley, pomegranate, the orange segments, a drizzle more olive oil and plenty of salt and black pepper. Serve the patties with the salad and drizzle over the spicy pan juices.

PER SERVING 444 kcals, protein 38.7g, carbs 48.3g, fat 12g, sat fat 1.7g, fibre 3.2g, salt 0.34g

SESAME CITRUS SHRIMP



Lemon, lime and orange, juice of one each
2 clove garlic
1/4 tsp cayenne
1/4 tsp freshly ground black pepper
1 tbsp soy sauce
1 hand full cilantro leaves, chopped
4 tbsp sesame oil
4 tbsp grape seed oil
1/2 lb. shrimp, peeled

Put all ingredients in an airtight container and shake until well mixed. Marinate for one hour at room temperature or over night in the refrigerator. Skewer and grill or saute and serve as an appetiser.

La Tourangelle Sesame Oil Is low in saturated fatty acid content and high unsaturated fatty acid content, making it a very healthy oil.

PISTACHIO AND CRANBERRY SALAD



3 tsp sherry vinegar
2 tbsp pistachio oil
Pinch of salt

1/3 cup pistachios, toasted
1/3 cup dried cranberries
2 handfuls of baby mixed greens

In a small mixing bowl, swirl the vinegar, oil and salt. Toss the pistachios, cranberries and mixed greens together and serve.

La Tourangelle Pistachio Oil contains low level of saturated fat, high levels of monounsaturated fatty acid, but it usually also has a decent amount of linoleic fatty acid. This balance makes for a very healthy oil that will help to protect your heart and fight against bad cholesterol.

Celebrity chefs perform at the Miele Cookery School

An all-star culinary line up was present for a unique cookery and interactive experience as part of the 2011 Taste of Dubai event that was held at the Miele Cookery School



Over three exciting days, every hour, food lovers and aspiring chefs were lining up to book their cooking stations fully-equipped with the latest Miele luxury cooking appliances. Food lovers were allowed to master the art of cooking and follow step by step the cooking demonstration of the international celebrity figures such as Jun Tanaka, Richard Phillips, Suzanne Husseini and renowned chefs from the best restaurants in town.

Succulent dishes were prepared and recipes postcards were distributed to all participants, as well as to the audience, so that signature dishes demonstrated can be replicated at home. At the end of each session, the participants left with goodie bags filled with the recipe postcards and the red embroidered Miele apron. Certificate of excellence signed by the inspiring chefs were distributed to all participants who reproduced the dishes following the chef's instructions.

These interactive classes helped visitors fully appreciate the quality and excitement that Miele appliances bring to the kitchen. Lovely afternoons, hands-on teaching experiences, sharing and fun marked the exclusive Miele culinary classes. Miele – Forever Better!

Miele guarantees to provide its customers luxurious and revolutionary products with a wide range of appliances for the kitchen including cooking, baking and steam cooking, fridges and mastercool, coffee machines, dishwashers as well as laundry and floor care products; available in built-in and free standing versions. Quality, continuous innovation, emotional appeal and attractive design is what makes Miele the German brand so unique, and one of the leaders in the industry.

The luxury of the Miele brand is highlighted and further enhanced by spectacular references all around the globe. Regionally, Miele equipped all 900 apartments of the Burj Khalifa, the world's tallest building, with a total of 7000 appliances. Miele is also present in the Armani Hotel that is part of the Burj and in the YAS Hotel presidential suite. International landmarks include the Kremlin, Wimbledon, Trump Towers…

Miele is planning the launch of its new Gallery in the Sama Tower building, opposite Dubai World Trade Center; a state of the art venue that will be showcasing the latest designs as well as the signature collection. The scene is designed in a way to host a wide variety of events ranging from cooking classes to corporate events.

For more information dial ***800-MIELE*** *or email* ***info@miele.ae***.







These interactive classes helped visitors to fully appreciate the quality and excitement that Miele appliances bring to the kitchen. Lovely afternoons, hands-on teaching experiences, sharing and fun marked the exclusive Miele culinary classes. Miele – Forever Better!









Fresh start

Avoid the takeaway menu and be inspired to cook these fast after-work suppers

RECIPES **JEMMA MORPHET** PHOTOGRAPHS **GARETH MORGANS**

Open steak sandwich with balsamic shallots

25 MINUTES ● SERVES 2 ● Easy

LOW CALORIE

olive oil
8 shallots, or 4 banana shallots, finely sliced
2 tbsp balsamic vinegar
2 lean fillet steaks, about 100g each, trimmed of any excess fat
1 tbsp half-fat crème fraîche
1 tbsp creamed horseradish
2 thick slices sourdough
large handful rocket

1 Heat 2 tsp olive oil in a non-stick frying pan. Add the shallots to the pan and season. Fry gently for about 10-12 minutes until soft, golden and caramelized. Splash the vinegar in and bubble down until totally evaporated.

2 Meanwhile, heat a griddle pan. Season the steaks and rub in a tsp of oil. Griddle for 2-3 minutes each side for medium rare, or until cooked to your liking. Put to one side to rest.

3 Mix the crème fraîche with the horseradish. Griddle the bread for a minute or two on each side until lightly toasted. Spread a little horseradish cream over each piece of toast, then spoon over the shallot mixture. Slice the steak and put on top. Add a handful of rocket and drizzle over any remaining horseradish sauce.

PER SERVING 354 kcals, protein 26g, carbs 31.2g, fat 14.7g, sat fat 4.2g, fibre 3.2g, salt 0.82g



Harissa chicken kebabs with spring fattoush

25 MINUTES ● SERVES 2 ● Easy

Fattoush, found in many restaurants in the UAE, is a rustic Middle Eastern salad made from bread and seasonal veg

LOW CALORIE

1 pitta, halved
2 skinless chicken breasts, cut into chunks
1 tbsp harissa
olive oil
1/2 lemon, juiced
1 small clove garlic, crushed
1 tsp sumac (optional)
100g radishes, sliced
1/2 cucumber, peeled, halved, de-seeded and sliced
1 small lettuce, roughly chopped
2 spring onions, finely sliced
mint a handful, roughly chopped

1 Toast the pitta halves until brown and crisp. Break them into large pieces and put to one side.

2 Mix the chicken breast chunks with harissa, 2 tsp olive oil and seasoning. Thread them onto pre-soaked bamboo skewers and grill, turning frequently, for 8-10 minutes, or until cooked though.

3 Meanwhile, whisk 1 tbsp olive oil with the lemon juice, garlic, sumac (if using) and seasoning. Put the remaining ingredients in a bowl and toss through the dressing. Add the bread and mix again. Serve with the chicken skewers.

PER SERVING 361 kcals, protein 38.8g, carbs 24.3g, fat 12.8g, sat fat 2.1g, fibre 2.1g, salt 0.78g

Styling CYNTHIA INIONS | Food styling SONJA EDRIDGE



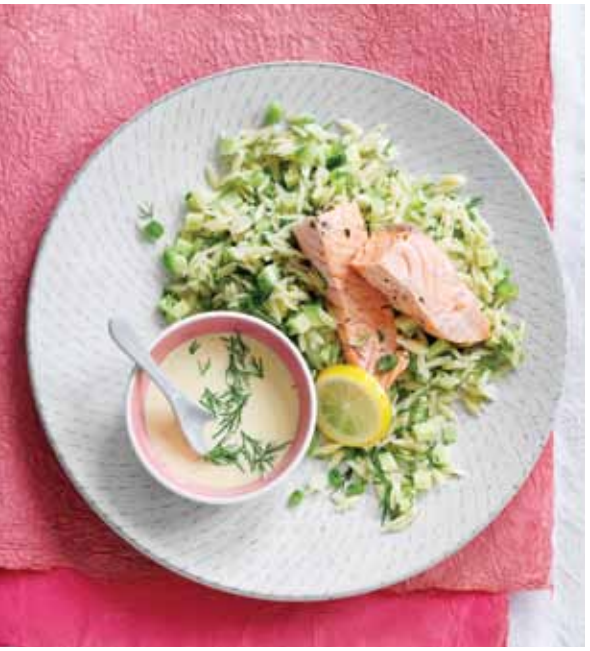
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Orzo, cucumber and dill salad with salmon

20 MINUTES ● SERVES 2 ● Easy

2 skinless salmon fillets
5 spring onions, 3 whole, 2 finely sliced
1 small bunch dill, 1/2 chopped
1 lemon, 1/2 juiced and 1/2 sliced
125g orzo
extra-virgin olive oil
1 heaped tsp mayonnaise
1/2 cucumber, peeled and diced

1 Pour enough water into a shallow pan to cover the salmon fillets. Add 3 spring onions, the whole sprigs of dill, lemon slices and seasoning, and bring to a boil. Carefully lay the salmon fillets in the liquid, turn down the heat and gently poach for 6-8 minutes, or until the fish is cooked through. Remove and put to one side.
2 Meanwhile, cook the orzo following packet instructions, before rinsing in cold water and thoroughly draining.
3 Whisk 2 tsp lemon juice with 1 tbsp olive oil, the mayonnaise and seasoning. Put the cooked orzo, sliced spring onions, cucumber, chopped dill and dressing in a bowl. Give everything a stir and serve with the poached fish.

PER SERVING 549 kcals, protein 37. .2g, carbs 46.6g, fat 25.1g, sat fat 4.6g, fibre 1.1g, salt 0.25g

Spicy meatball and noodle soup

30 MINUTES ● SERVES 4 ● Easy

LOW CALORIE

400g lamb or beef mince
2 cloves garlic, crushed
6 spring onions, 1/2 finely chopped and 1/2 sliced for garnish
2 red chilli, 1 finely chopped, the other sliced for garnish
sunflower or vegetable oil
1.2 litres chicken stock
3 tbsp oyster sauce
100g shiitake mushrooms, halved or sliced if large
250g Chinese leaf, sliced
150g ready-cooked udon noodles

1 Tip the mince, garlic, chopped spring onions and red chilli into a bowl. Give everything a good mix, season and roll into small meatballs.
2 Heat 1 tbsp oil in a non-stick frying pan and fry the meatballs all over until golden and cooked through. Put to one side.
3 Put the chicken stock and oyster sauce in a large saucepan. Bring to a boil. Tip in the mushrooms. Simmer until just tender. Add the Chinese leaf, noodles and the meatballs, simmering until the greens have just wilted and the meatballs are piping hot. Spoon into bowls and scatter over the remaining spring onion and chilli.

PER SERVING 363 kcals, protein 26g, carbs 34.1g, fat 14.6g, sat fat 4g, fibre 1.6g, salt 4.71g





Carrot, cumin and feta fritters with coriander yoghurt

20 MINUTES ● SERVES 2 ● Easy

LOW CALORIE

4 tbsp 0% fat Greek yoghurt
2 tbsp coriander, chopped
4 tbsp self-raising flour
1 tsp ground cumin
1 medium egg
125g carrots, coarsely grated
1 small onion, finely sliced
50g feta, crumbled
vegetable oil
warmed flatbreads and a handful of salad leaves, to serve

1 Stir together the yoghurt and coriander. Season and put to one side.
2 Mix the flour, cumin, egg and 2 tbsp of water in a bowl until you have a smooth thick batter. Stir in the carrots, onion, feta and a good sprinkle of sea salt and freshly ground black pepper.
3 Heat 1-2 tbsp of oil in a non-stick frying pan. Spoon dollops of the batter into the frying pan, flatten out a little with the back of the spoon and cook for 2-3 minutes each side, until cooked through and golden brown. Serve hot fritters with the herb yoghurt, flatbreads and salad.

PER SERVING 291 kcals, protein 13g, carbs 24.8g, fat 16.2g, sat fat 4.9g, fibre 2.5g, salt 1.05g

Exciting Easter ideas

From cakes, cookies and cupcakes, Tavola carries a huge range of cake decorating essentials and quality bakeware in colourful designs from Wilton, including cutters and great holiday shapes like eggs and bunnies.

This Easter inspiration will make your baking and decorating a breeze. Using the 3D Bunny Pan you can make whip up a beautiful butter cake.

BUTTER CAKE



Makes about 7 1/2 cups cake batter
1/2 cups butter, room temperature
2 1/2 cups granulated sugar
1 tsp vanilla essence
3/4 teaspoon almond essence
3 cups all-purpose flour
3/4 teaspoon baking powder
1/4 teaspoon salt
1 cup milk

1 In mixer bowl, cream butter and sugar until light and fluffy.
2 Add eggs one at a time, mixing well after each addition.
3 Mix in vanilla and almond flavour. Mix flour with baking powder and salt.
4 Add flour mixture alternately with milk, starting with the flour; mix well. Pour into prepared pans.



BAKING INSTRUCTIONS

1 Preheat oven to 350°F and 180°C. Generously grease inside of pan halves with Wilton Cake Release spray or solid vegetable shortening. Be sure to cover all indentations. If using shortening, sprinkle about 2 tablespoons flour inside each pan half and shake so flour covers all greased surfaces.
2 Turn pan halves upside down and tap lightly to remove excess flour. If any shiny spots remain, touch up with more shortening and flour to prevent cake from sticking.
3 Batters that contain nuts or raisins do not work well. You will need 4 ½ cups of batter for this pan. Pour batter into the deeper bottom half of pan (half without hole) the batter should come right up to the rim, almost to the point of overflowing.
4 Snap the top half of the pan in place and tie pans tightly together in two places with household cotton string or wire to prevent rising batter from forcing pans apart.
5 Bake on a cookie sheet on middle rack for 40-45 minutes, until toothpick inserted in vent hole on top of pan comes out clean. When cake is done remove from oven and place on cake rack to cool.
6 Let the cake rest in front half of pan, lying down, until completely cool. (At least 4 hours)
7 Decorate with Buttercream icing with star tip 21 or triple star tip 2010.

Tavola stores are located in Mall of the Emirates, Level-2, 04-3402933; Century Plaza, Jumeirah Beach Road, 04-3445624; Spinney's Centre, Umm Suqeim, 04-3948150; Emirates Hills, Town Centre, 04- 3618181; Mirdif City Centre, Mirdif, 04-2843548

TAVOLA

Park .n. Shop
Easter celebrations

From the butchery

This April, the Park n Shop butchery is featuring magnificent Halal English turkeys and turkey crowns, as well as prime Australian legs of lamb. Perfect for Easter celebrations or spring get-togethers with friends and family, Jack Hennessy, Park n Shop's master butcher and his expertly-trained team will guide you on how to cook your turkey or lamb to perfection, answering all your meat-related queries with confidence.

With the weather heating up and the alfresco season almost ending, it is time to make the most of your BBQ grill. Jack the Butcher has a variety of great cuts of prime Australian and New Zealand steaks, as well as a delicious selection of marinades to make those succulent steaks even more delicious. The Park n Shop butchery team will help you choose your desired cut and make sure you grill the steaks just right.

If you are looking for the highest quality meat, affordable prices and a friendly face from the UK with a lifetime of experience, then Park n Shop is the place for you. The Butchery at Park n Shop has a traditional, well presented open counter that offers the highest quality of meat, trimmed to perfection. Over 200 meat recipes from top chefs are available over the counter upon request.

To avoid disappointment,

call 04 394 5671, ext. 111 to pre-order your lamb or turkey today!

English turkey (6&7 kilo) & turkey crown (approx. 4 kilo)





Quality New Zealand beef roasting joints. Sirloin, Ribeye & Topside

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Beef steaks



Chicken kebabs



Lamb chops

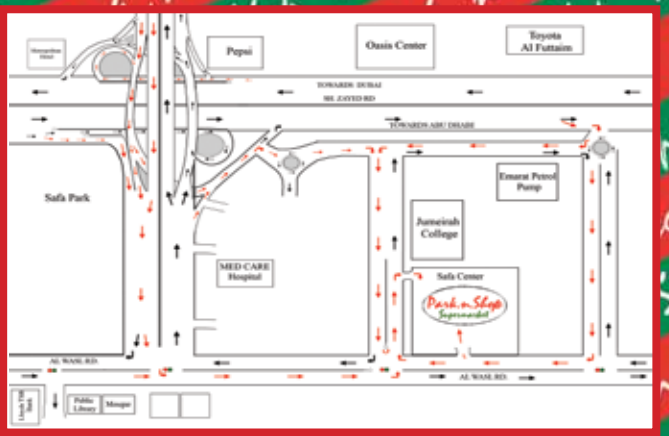
Traditional Easter legs of lamb



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Picks of the Month

Sweet Shop

Huge Easter egg selection in stock NOW!







Easter decorations







Little gifts & bumper packs



Only for little boys

Hide & seek with chocolates



From the bakery

If you're in the mood for deliciously-cute, traditional Easter goodies than you don't need to look any further than Park n Shop. From soft and subtly-spicy hot cross buns that are baked fresh daily to gorgeous cupcakes topped with mini eggs, Easter cakes and adorable bunny-shaped biscuits, you and your children will love this seasonal spring cheer.

The team of qualified bakers use only the finest flour from the UK and Europe, and with the aromas of freshly-baked breads, muffins and cakes, the Park n Shop bakery is known as the number one stop for fresh and delicious baked goodies.

A bakery that offers an extensive range of hand-baked products at affordable prices; Park n Shop is well worth a visit to stock up on your favourite Easter treats.





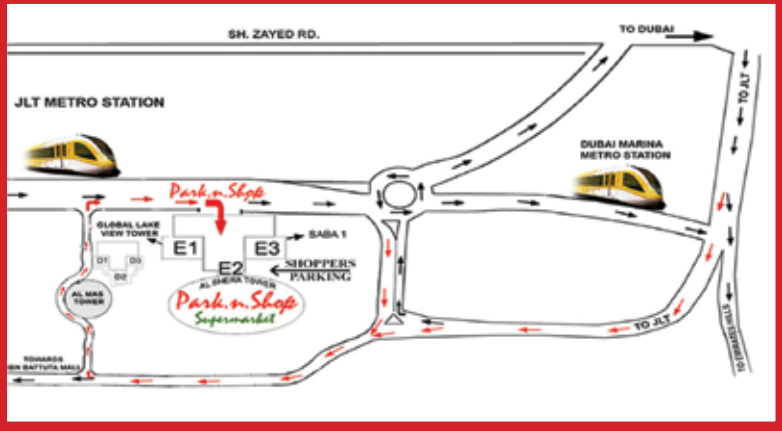
Traditional Easter bakes at their best; cakes, buns, cookies & more







Park n Shop bakes cakes for every occasion. Call 04 394 5671, ext. 107
and book three days in advance to avoid disappointment.





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Kitchen melodies



Famed Bollywood singer Asha Bhosle has had a life brimming with the creative joys of cooking and singing. *BBC Good Food ME* caught up with her during the launch of Asha's restaurant Mall of the Emirates and spent some time in the kitchen with head chef Gaurav Singh

"When I go to market and buy fresh fish and I cook it, that for me feels like I am recording a song," says Asha Bhosle. The most recorded female artist in history, Bhosle sang publically for the first time in 1943 and now, aged 76, she is still performing. From Indian classical melodies, to big Bollywood hits, and everything in between, Bhosle's vocal prowess have led her to fame and recognition across the globe. But her talents don't end there. The kitchen has been the place of great creativity and inspiration for Bhosle too.

"My passion for cooking comes from childhood. In our house there were five children. After my father passed away, my mother at 35 years old had to look after us all, so we all had to help in the house. My eldest sister and I learnt to cook when we were about ten or eleven years old and right until now I still love to cook. I learnt all my mother's recipes, and many of those dishes are on the Asha's menu today," says Bhosle.

An Indian restaurant, with mainly north Indian cuisine on the menu, the first Asha's restaurant opened in Wafi, Dubai in 2002. The corporate chef spent much time in Bhosle's kitchen in India to learn her cooking techniques and home-style recipes. There are now two Asha's restaurants in Dubai, as well as restaurants in Kuwait, Doha, Bahrain, Abu Dhabi and Birmingham. Every Asha's menu is a melange of authentic recipes from her home, alongside innovative, modern Indian cuisine. With a wide variety of vegetarian and non-vegetarian options, including egg-free naan breads, the menu is packed with choice and diverse flavour combinations for every diner.

Head chef of Asha's Mall of the Emirates, Gaurav Singh came to Dubai for the first time in September 2010 to train under the master chef of Asha's Wafi before the opening of the new restaurant in Mall of the Emirates.

"I had extensive training for six months with the master chef of Asha's in Wafi. There is a very big menu, so you have to be on your toes and learn very quickly. Vegetarian and meat dishes, soups, desserts... I learnt a lot. Many of the dishes are Asha's recipes from her home, and I learnt the dishes from chefs that have trained with Asha," says Chef Gaurav.

Perhaps the defining element that gives Asha's restaurant its distinctive flavour is the secret blend of spices – the masala – that is specially chosen and blended by Bhosle, roasted and ground in India and delivered to Asha's restaurants in the Middle East and England.

"My masala – that is a special, secret spice mix that my mother created and cooked with, and it is a recipe that she passed onto me. I select the raw spices, grind them, roast them and then they get sent to Dubai. This is top secret to this day... our corporate chef would love to know the recipe!" says Bhosle with a smile.

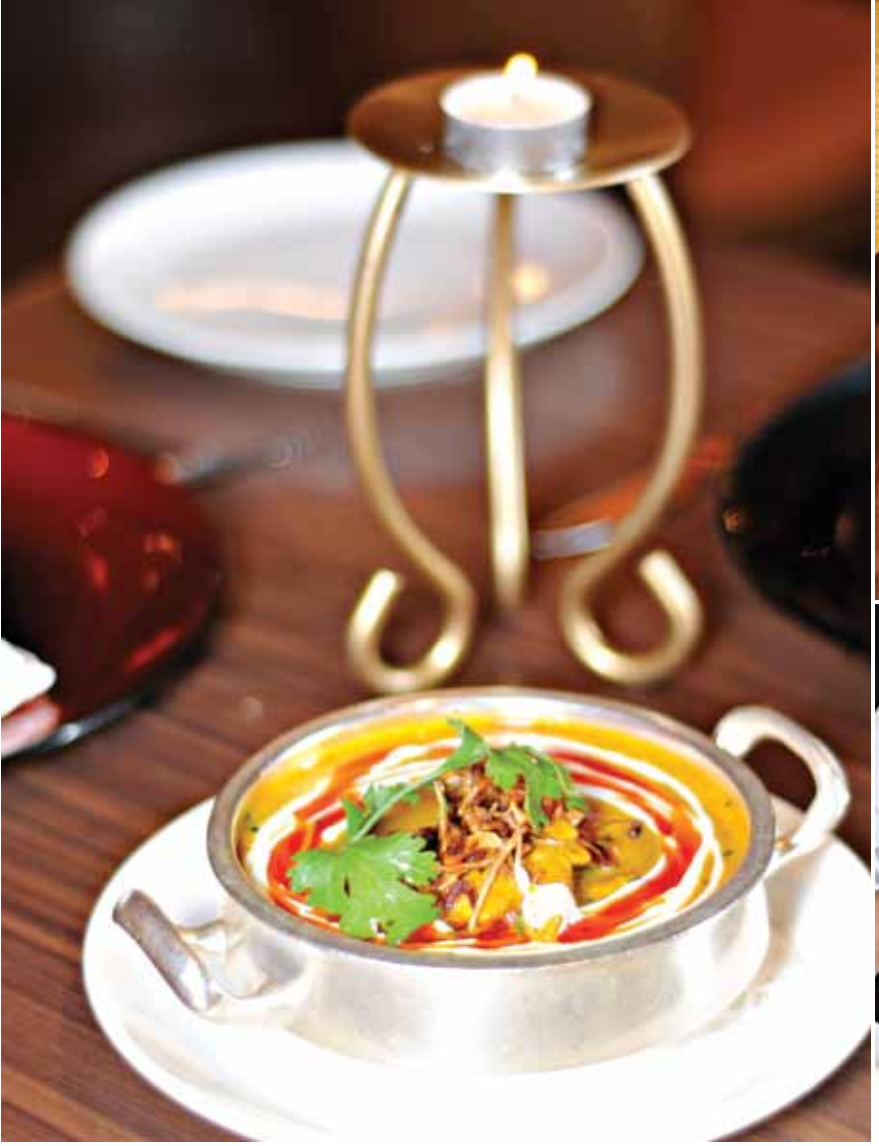
Bhosle and her husband were at the centre of the world of celebrity artists, musicians and writers in India during the 60s and 70s, and their friends would visit Bhosle's house every weekend to enjoy her cooking and company. Asha's warmth and love for creating food for friends and family can be seen clearly in her restaurants today.

"As a music director, my husband's friend circle was very big. People came to our house every Saturday to drink, eat and enjoy. I had to cook so many big dishes – biryani, kebabs, sometimes chicken, mutton. It was a lot of work, but I loved it, and the whole of Bollywood knew about my biryanis, and always asking me, please cook for us! The Raj Kapoor family, and many other artists ate at my table... singers, writers, musicians they have all eaten at my table," says Bhosle.

"Whenever people come to my house, I say eat. I love feeding friends and family. I like it when people eat my food, it is satisfying, it makes me very happy. And with my restaurants, I want people to feel like they're at home. One thing we try to do in the restaurant, yes, we have high quality food, but we don't want it to be pretentious, we want everyone to feel welcome," says Bhosle.

Asha's Mall of the Emirates marks the second restaurant in Dubai and there are plans for expansion in Cairo in the next few months and Bhosle would like to open a restaurant in India in the near future.

Photography CRIS MEJORADA









Dhaniya Murg

The Dhaniya Murg is one of Asha Bhosle's chicken dishes, created with coriander stem, which has a very pungent flavour, and is succulent, homely, light. "The dish is creamy like a butter chicken, but much lighter," says Gaurav Singh, head chef of Asha's Mall of the Emirates.

350g chicken, cut into cubes
30g ghee
15g turmeric powder
10g red chilli powder
8g salt
50g ginger & garlic paste
6g cinnamon whole
6g cardamom whole
2g bay leaves
40g brown onion paste
20g plain yoghurt
30g cashew nut paste
15g tomato puree
200g coriander, bunch
90g coriander powder
1 litre water

1 Begin with a clean sauce pan, heat the ghee and add in all the whole spices cook for 3-4 mins, then add ginger and garlic paste and sauté for another 4 to 5 mins.
2 Add turmeric powder, red chilli powder and coriander powder cook for 3 mins. Add 100ml water and cook for 5 mins.
3 In a clean mixing bowl add yoghurt, brown onion paste and cashew nut paste. Mix well and add to the boil gravy with the tomato puree. Cook for 10-12 mins until tender.
4 Add chicken and cook for another 8-10 mins. Remove the cooked chicken and keep aside.
5 Strain and remove all the whole spices and bring the gravy back to a boil. Add coriander bunch to the gravy, simmer for10-12 mins, until the coriander releases the flavour, and it forms a medium thick gravy. Strain and add the cooked chicken. Simmer for another 6-7 mins.
6 Garnish with chopped coriander .

Tips for successful Indian cooking from head chef of Asha's Mall of the Emirates, Gaurav Singh

1. It is a myth that all Indian food is very spicy. Buy good quality spices, experiment, learn and understand the balance of spices.
2. Spend time on your cooking, and cook with a light mind. Be clear about what you want, but don't stress over it
3. Visualise the dish you want to create and cook with the goal in mind.

Cooking with Michelin-starred chef Mansour Memarian

BBC Good Food ME joined chef de cuisine Mansour Memarian in the kitchen of Al Mahara, Burj Al Arab Dubai, to get a behind-the-scenes peek into how he creates one of his a signature dishes



With Iranian heritage, an upbringing in Germany and a love for Mediterranean cuisine, Michelin-starred chef Mansour Memarian has a unique and innovative approach to food. He has worked in Michelin-starred restaurants in Germany, and in 2005 won a Michelin star himself in his position as head chef of Jagdhof Glashutte, making him the first Iranian chef to be awarded a Michelin star, as well as the second youngest chef in Europe to be awarded this honour.

Chef Mansour joined the Burj Al Arab at the end of last year to head up the Al Mahara team. With its floor-to-ceiling aquarium and shimmering mother-of-pearl-like finish, Al Mahar has always been known for its seafood focus in an exclusive fine dining setting. Previously, the menu had an Asian influence, and Chef Mansour says that he has now created a menu with a Mediterranean style, placing an emphasis on simple, good quality, fresh and seasonal ingredients with a hint of Iranian influence.

"The menu will change every three months. I am inspired by seasonal ingredients, and source the best from around the world. It is an evolving menu. I create Mediterranean classics, with oriental touches, inspired by my Iranian roots," says Chef Mansour.

We visited Al Mahara just after the lunch rush, and the kitchen was quite calm and relaxed. Chef Mansour was quick point out that the dinner service is an entirely different scene, as the chefs are buzzing to create multiple-course meals for over 100 guests, on average, an evening. While Mansour says that he has always felt the pressure at the Michelin-starred restaurants he worked in previously, the guests to the Burj Al Arab have very particular expectations, creating quite a uniquely-pressured environment. Perfection and a smooth-running kitchen is paramount.

"I have worked in top European restaurants, Michelin-starred restaurants, where the guests' expectations are extremely high, but there is a different, perhaps higher expectation in the Burj Al Arab. People are coming to an iconic location and paying a high price for the best-quality ingredients and creative, skilful cooking. You have to be on top of your game, you get many new guests coming here for a special night, and often these people are very well travelled and really know what good quality food is," says Chef Mansour



We asked Chef Mansour to prepare a signature dish for us that epitomises the style of cuisine on the new menu of Al Mahara. Mediterranean ingredients, exciting flavours, and the freshest produce go into his crispy halibut with bouillabaisse artichoke sauce, which Mansour says has become a very popular dish on the menu. The dish is priced at AED 450, and Mansour emphasises that at the Burj Al Arab you are getting the finest ingredients a unique experience. The dish on the menu includes fresh razor clams and lobster, but as it is difficult to source razor clams from the supermarket, and Michelin-starred culinary skills and a professional kitchen is something most of us can only dream of, Chef Mansour has made a variation on this signature dish that will be easier to recreate at home.

Photography CRIS MEJORADA

Crispy halibut with bouillabaisse artichoke sauce

THE HALIBUT
800g halibut (4 x 200g)
spring roll pastry
lobster mousse

1 Lay out the spring roll pastry and spread the lobster mousse on top.
2 Spread some mousse on the halibut and dip it in the chopped girolles.
3 Wrap up the fish in the pastry.
4 Pan fry the fish in low heat in olive oil for 3 mins on each side.

BOUILLABAISSE
1 carrot chopped
1 celery chopped
1 fennel chopped
clove of garlic
1 bunch thyme
1 star anise
10 pieces peppercorn
1 bay leaf
Fennel seeds
pinch saffron
spoon curry powder
tomato paste
10 fish bones washed in ice cold water
salt
1 tomato, sliced

1 Roast the onion in a big hot pot with the celery, fennel, garlic and then add the thyme last.
2 Add the star anise, bay leaf, fennel seeds, peppercorn (10 pieces) and roast all together.
3 Add the tomato slices and tomato paste, saffron, curry powder and roast to get a nice dark colour.
4 Add the fish bones and season well with salt.
5 Cover the bones with ice just to cover and then simmer for 2 hours (you can use clam and mussel stock to replace the ice if you have).
6 Blend 10 egg whites, 1 bay leaf, fennel seeds, 2 cloves in a blender.
8 Mix some of the hot stock into the egg whites, then pour back into the pot and simmer for 30 to 40 mins.

VIOLET ARTICHOKES
1 onion
1 carrot
fennel
artichokes
fresh thyme
lemon and lime

1 In a pot, cook one piece of onion, one carrot with fennel and garlic and add crushed peppercorns and fennel seeds, bay leaf, fresh thyme and lemon and limes cut in half.
2 Add water to cover the vegetables, bring to a simmer and add some herbs and coriander stems and cook for half an hour. Leave to the side.
3 Drain the liquid, and in a fresh pot, cook the artichokes for 20 mins, with cartouche on top, until tender.

To finish, plate the halibut, vegetables and bouillabaisse as shown to the right.






PLATE UP LIKE A PROFESSIONAL



1 Keep it simple and don't add ingredients to the plate that are only for decoration.



2 A grating of lime zest adds a tang of flavour and a touch of colour.



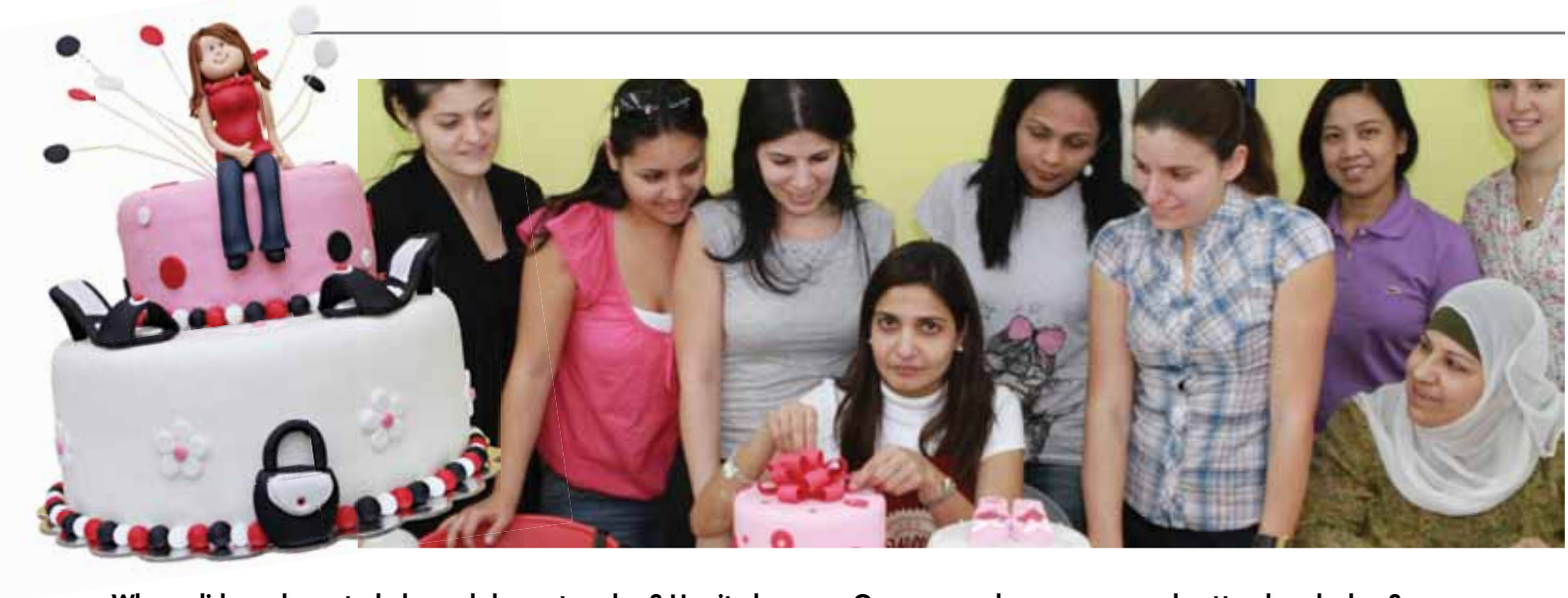
3 Fresh herbs will enhance not only the flavours, but the presentation too.



4 As the flavours combine to create diverse tastes, so should the colour and texture combinations on the plate.

Skilful decorating

If you're in the mood to start a new hobby this spring or improve your baking and cake decorating skills, then Tavola's series of courses could be just the thing for you. *BBC Good Food ME* talks to senior cake decorating instructor Bernadine Rego to find out more



Where did you learn to bake and decorate cakes? Has it always been a passion of yours?
I began decorating cakes when I was still a student back home in India. At that time it was just a hobby, though. Eventually, I went on to do the professional courses in cake decorating at Wilton and PME. I have also studied with some of the leading experts in cake decorating in workshops and one-on-one classes.

How long have you been working with Tavola, and can you tell me a bit about the classes you run?
I have been with Tavola since we first started giving classes in March 2005. At Tavola we offer courses accredited by two institutions: The Wilton School and the PME School of Cake Decorating. Each of these has three different modules and the student progresses from one module to the next as their skill level improves. We teach the Wilton Method of Cake Decorating as well as the PME professional Cake Decorating Courses in both Dubai and Qatar. In Dubai, we we have baking classes too.

Did you train the bakers/decorators that are working in Dubai now?
Yes I have trained the Instructors that are currently working in Dubai. Like all our instructors across the Middle East, they are capable of conducting courses for all levels right from beginners to the professional decorators.

On average, how many people attend each class?
The size of a batch is 12 students. This allows for a good balance between student interaction and personal attention from the instructor.

What kind of skills can we hope to learn when signing up for the classes in cake decorating?
For the beginner, you will get a thorough introduction to the methods of cake decorating that will give you the confidence to create wonderful cakes for friends and family. As you progress, your skill will advance to match those of a professional decorator. For the advanced decorator, these courses will serve as a refresher for your knowledge and also to introduce you to new and evolving techniques in the world of cake decorating.

What are your top three tips to successful baking?
1. Always choose the correct pan according to size that you require.
2. Always pre-heat your oven.
3. Measure the ingredients carefully.

What are the three key skills that need to be mastered for successful cake decorating?
Icing consistency, bag positioning and pressure control

Photography LAUREN HILLS

For people wanting to start baking and cake decorating at home – what are some of the essential tools/gadgets/utensils needed to start up?

- A good electrical mixer
- Mixing bowls
- Good quality baking pans
- Bake-even strips for even baking
- A set of measuring cups and spoons
- A set of icing nozzles
- Piping bags
- Spatula
- Turn table
- Icing colours













Learn the art of cake decorating at Tavola through the Wilton Method of Cake Decorating and the PME Professional Cake Decorating courses...

The Wilton Method of Cake Decorating has three levels that include:

DECORATING BASICS
This is the foundation of all Wilton method courses. A student learns to use butter cream icing to create easy but gorgeous cakes. The decorating techniques here are fairly simple but centred around piping methods such as using the star tip, piping borders and creating drop flowers and ribbon roses. A highlight of this module is cupcake decorating.

FLOWERS AND CAKE DESIGN
In this module, the student who has mastered butter cream icing now moves on to royal icing. This medium, while not quite as easy to work with as butter cream, has the advantage of hardening when it dries, allowing the decorator to create detailed icing flowers that hold their shape. The student learns how to pipe a variety of flowers including daffodils, violets, lilies and the famous Wilton Rose, ultimately creating a beautiful cake decorated as a flower basket.

Gum Paste and Fondant
The first two modules focused on piping techniques. This one takes it a level further and introduces fondant and gum paste. Similar to modelling clay, but completely edible, these mediums allow the students to create a dazzling variety of designs by moulding, rolling, imprinting, embossing and much more. By the end of this module, the student will have learned to make bows and spectacular flowers.

The PME Professional Cake decorating programme is also structured in three levels; Beginners, Enthusiasts and Professional cake decorator. Within each level there are three modules that include:

SUGARPASTE
In this module you learn the basic technique of working with sugar paste such as coating, crimping & embossing, fabric effects, bows and much more. The highlight of this module is where the student learns to model fun figures and animals.

SUGAR FLOWERS MODULE
This takes the student's skill a step further, and includes creating both unwired and wired flowers like roses, orchids and lilies made out of gum paste. The student is taught how to arrange the sugar flowers into bouquet, and how to use them on finished cakes.

ROYAL ICING & PIPING MODULE
This module teaches advanced techniques in royal icing like run-out collars, extension borders, lace designs, run-out motifs and brush embroidery for example.

The courses take place at Tavola, Century Plaza, Jumeirah Beach Road. The cost of the Wilton Cake Decorating course is AED 750 per four-session module, which is a total of 12 hours. The cost of PME course is AED 999 per module. Each module is 6 sessions, which is a total of 24 hours. The cost of the baking course is AED 250 per module. Each module is 1 session, which is a total of three hours per session. The baking course features an introduction to baking with hands on instructions for one cake and instructions on how to do two additional cakes. A different type of cake is taught in each session currently for each session. Phone +971 4 344 5624 to book your place.

Shanghai surprise

Like its skyline, Shanghai's food scene is soaring. *Crystal Mo* uncovers the Chinese city's hottest eating trends and places PHOTOGRAPHY **LYNN FRIEDA**





This page from top: Shanghainese teapots; the courtyard at YongFoo Elite. Opposite: snacks frying on Shimen Yi Lu

WHILE OLD SHANGHAI WAS all about glamour, gangsters and Art Deco, new Shanghai spells skyscrapers, chic interiors and entrepreneurs. Straddling the two is the current food scene: you can still find that hole-in-the-wall serving divine dumplings on rickety tables, but a new generation of chefs is forging the future by introducing modern Chinese cuisine.

Shanghai's roots survive, just, in the smattering of alleyways that persist amid the rapidly multiplying gleaming towers and malls. But at the same time, there's an excitement about the fast-growing gourmet scene, as international chefs introduce new dishes and hip designers bring their latest interiors to extravagant life.

A typical day should include a breakfast of classic Shanghainese pork dumplings from a street vendor, a lunch of squid on a stick and dinner overlooking the Bund (the strip of grand colonial buildings fronting the Huangpu River). And don't hit the sack before a midnight snack of spicy fried crayfish or an icy mango slush.

When eating Chinese, remember that food is almost always shared, so expect dishes to be delivered to the centre of the table. And if there's no English menu, just point to something that looks good on someone else's table. This is a food scene that rewards experimentation.

STREET FOOD AND FOOD STREETS

Street food in Shanghai packs flavour, culture and fun into lip-smacking steamed, grilled and fried treats. Go to **Nan Xiang** (85 Yuyuan Lu; 00 86 21 6355 4206), near Yu Garden, to sample the definitive Shanghainese snack of xiao long bao, a steamed dumpling with a tender wrapping, jammed with scalding-hot broth and savoury ground pork — as you bite, the hot soup comes gushing out, ready for you to slurp from the spoon on which it's served.

Pedestrian strip Wujiang Lu gets going at night with vendors of yang rou chuan (lamb kebabs), grilled squid on a stick in a thick brown sauce (chewy, messy, fabulous) and chou dofu ('stinky tofu'), a deep-fried speciality that's only for the adventurous. Great for post-pub grazing, xiao long xia (crayfish) are sautéed in a rich sauce with chillies and Sichuan peppercorns (a powerful spice that sets your mouth buzzing).

The city's open-air fruit and vegetable markets are less numerous than they were, but some still survive. Come to sample some of China's best fruits in season, such as hami melons, dragon eyes (like lychees but less juicy) and pomelo (akin to a giant grapefruit). The market on Nanchang Lu, behind Xiangyang market, is one of the best places to check out the range.

TOO-COOL TAIWANESE

As befits a fashion capital, Shanghai diners like to follow certain trends. Five years ago 'Brazilian barbecue' had the city's gastronomes in a frenzy. Then it was all-you-can-eat Japanese.

But in the past few years, it's cuisine from Taiwan that has been most eagerly devoured by the Shanghainese. **Bellagio** (101 Shuicheng Nan Lu; 00 86 21 6270 6865) does some of the best Taiwanese classics, including san bei ji (three-cup chicken, so-called because the sauce is made with a cup each of soy sauce, rice wine and sesame oil). And no dumpling can compare to the legendary steamed veggie interpretations at **Ding Tai Feng** (Building 6, Lane 123, Xingye Lu; 00 86 21 6385 8378), with their delicate skins and bursting green fillings, so be prepared to wait in line. Taiwan's icy ▶


丸子
5只
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大杯
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小杯

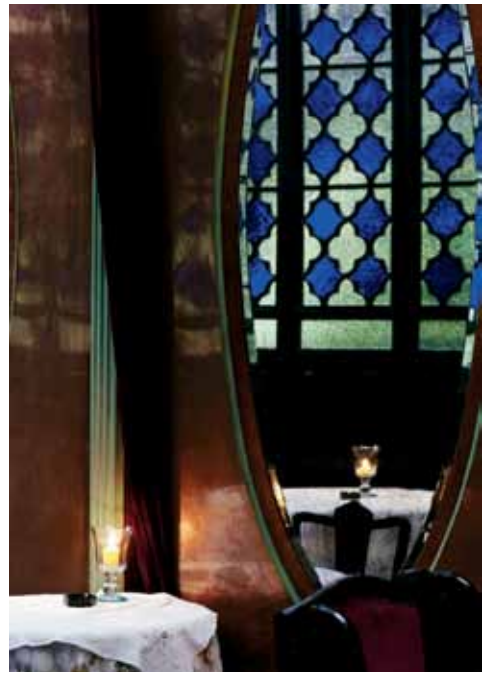
desserts claim some seriously ardent fans: go to **Charmant** (1418 Huaihai Zhong Lu; 00 86 21 6431 8107) for its shaved ice covered with sweet red and green beans, or a giant bingsha, an irresistible mango or peanut slush.

CROSS-COUNTRY EATING

Chinese cuisine is as diverse as the country's topography and, in multicultural Shanghai, you can eat a different regional speciality every night of the week. The best places to head for are generally of the no-frills variety that slip under the radar of most guidebooks. Among them is **Dongbeiren** (1 Shanxi Nan Lu; 00 86 21 5228 9898), where north-eastern Chinese cuisine means huge lamb shanks and sautéed green beans with salty ground pork. Fancy home-style Cantonese? Head down an alley to hidden dive **Boduo Xinji** (9 Baoqing Lu; 00 86 21 6474 5301), where you'll be surrounded by locals tucking into signature dish sha jiang ji (crunchy deep-fried ginger on slices of tender chicken). And, for some fire on the tongue, make for **Di Shui Dong** (56 Maoming Nan Lu; 00 86 21 6253 2689), where the pork ribs rubbed with chilli and roasted cumin seeds will be forever burned on your culinary memory.

SHANGHAINESE CUISINE

Shanghainese cuisine is known for its liberal use of sugar, which gives a satisfyingly smooth, rather than cloying effect. At rowdy, popular **Baoluo** (271 Fu Min Lu; 00 86 21 6279 2827), the classic Shanghainese dish of hong shao rou uses just enough sugar to caramelise the sauce so it sticks to meltingly tender fatty pork chunks. At the psychedelic, Art Deco-inspired **Whampoa Club** (Three on the Bund; 00 86 21 6321 3737), wonderchef Jereme Leung offers refined versions of Shanghainese classics. Don't miss the deep-fried shrimp in wasabi sauce or his chocolate spare ribs, an innovative nod to the sugary Shanghainese tradition. **YongFoo Elite** (200 Yongfu Lu; 00 86 21 5466 2727) may be the most beautiful recreation of sultry, luxe, old Shanghai ever. This fantastical villa, which once housed the British consulate, serves recipes handed down from noble local families. The food's good, but it's the treasure-filled mansion that's the real draw.



This page: YongFoo Elite bar; Cantonese food chain Bifengtang (bottom).

Opposite: specialities include an icy slush, bingsha, fried tofu (middle left) and squid on a stick (middle right)



GO WEST

China has traditionally been quite resistant to Western cuisine but the city's massive economic and cultural shifts have brought with them a new interest in food from outside Asia. Restaurateur Eduardo Vargas has been at the forefront of the trend — his first place, **Azul/ Viva** (18 Dongping Lu; 00 86 21 6433 1172), is a lovely, two-storey nook offering big brunches and the best tuna and salmon entrées in town. His recently opened **239** (239 Shimen Yi Lu; 00 86 21 6253 2837) focuses on clean, bright flavours — try the Kobe-style steak, rich with juices. Cosy neighbourhood favourite **Arch** (439 Wukang Lu; 00 86 21 6466 0807) is another champion on the city's Western food scene. Try the chicken and feta pasta or the generous tenderloin steak. Tapas restaurant **L'Extase** (649 Huashan Lu; 00 86 21 6249 3195) is a hidden gem with a cool-blue dining room and a very fine wine list. Even the great American burger has been embraced by Shanghai residents, who make a beeline for the **Rendezvous Café** (1486 Nanjing Xi Lu; 00 86 21 6247 2307) for the best burgers in town.

GOURMET GLITZ

'I don't know of any great chef in the world who doesn't dream of opening a restaurant in Shanghai,' says Adam Tihany, restaurant and hotel designer extraordinaire. And, in a recent revival of old Shanghai's gastronomic spirit, swish restaurants have been springing up everywhere. Tihany's latest, **Jade on 36** at the Shangri-La Hotel (33 Fucheng Lu, Pudong; 00 86 21 6882 8888), is a treasure box of jade green, shocking pink and gold leaf, and with avant-garde French chef Paul Pairet in the kitchen, the food is a match for the space. **Jean Georges** (Three on the Bund; 00 86 21 6321 7733), owned by legendary three-Michelin-starred Jean-Georges Vongerichten, features the chef's signature unique flavour combinations in dishes such as kingfish sashimi with spiced tapioca. Other Shanghai pioneers include Aussie David Laris, who bewitches diners at **Laris** (Three on the Bund; 00 86 21 6321 9922) with dishes such as seared scallops on parsnip mash with oyster foam. For Chinese cuisine with immaculate service and setting, head to the very hip **South Beauty** (881 Yan'an Zhong Lu; 00 86 21 6247 6682),



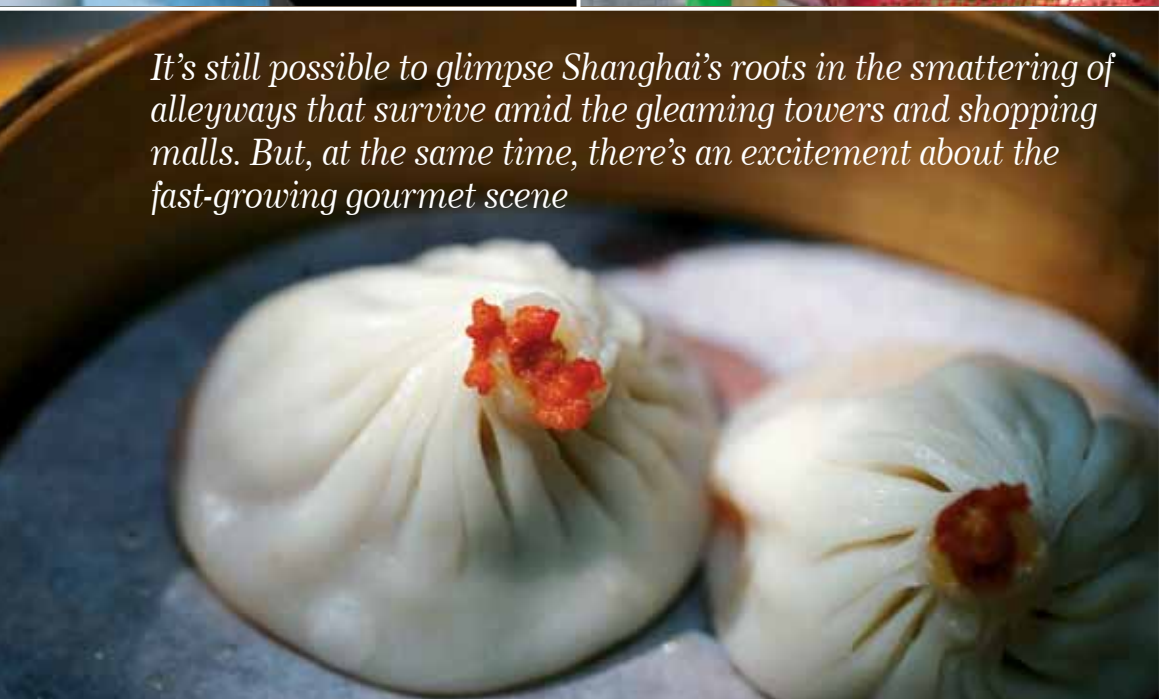




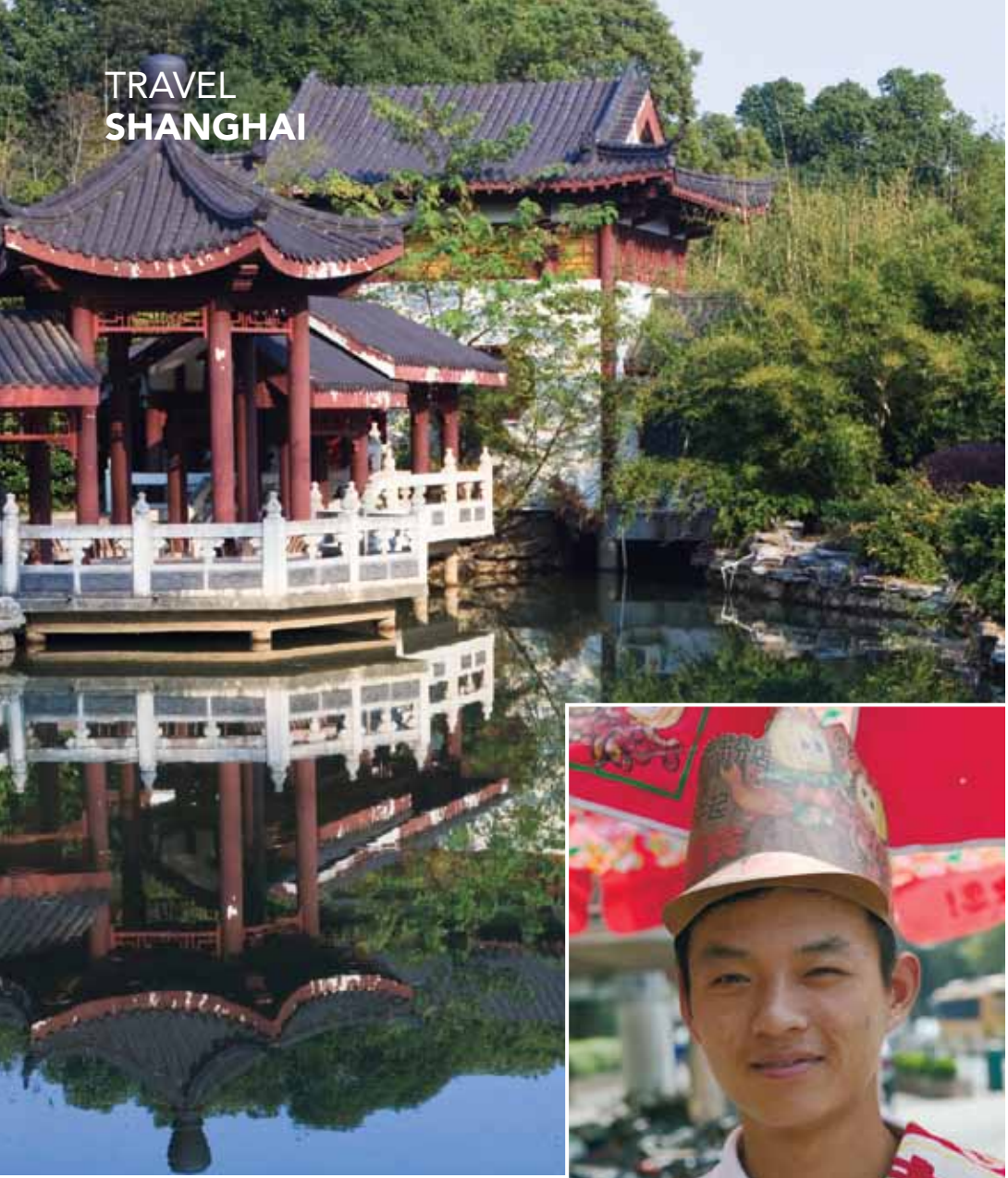




It's still possible to glimpse Shanghai's roots in the smattering of alleyways that survive amid the gleaming towers and shopping malls. But, at the same time, there's an excitement about the fast-growing gourmet scene









where the Mongolian beef is sizzled at your table in a pot of bubbling hot oil with red onions, chillies and coriander — so good you won't want to share. At **Shikumen Bistro** (Xintiandi North Block, 00 86 21 6386 7100), renowned chef Jean Alberti has been winning converts with his grilled whole sea bass with sautéed zucchini and lime vinaigrette. After you've chowed down, head out on to the balcony — the view over the evening crowds and city lights makes this a prime nightcap spot.

AFTER HOURS

Two of Shanghai's veteran night spots still dominate the city's late-night drinks scene. At **Face** (Ruijin Guest House, 118 Ruijin Er Lu; 00 86 21 6466 4328), in an atmospheric colonial mansion filled with carved Asian furniture and dimly glowing lamps, regulars know to order the mint-loaded mojitos or a classic martini. **Park 97** (Fuxing Park, 2 Gaolan Lu; 00 86 21 5383 2328) is where the A-list have their tables set with a bottle of whisky on ice (the current mixer of choice is bottled sweet green tea) and the band plays to an always-packed dancefloor. The fully glammed up **Bar Rouge** (Bund 18, Zhong Shan Dong Yi Lu; 00 86 21 6339 1199), in a beautifully restored Bund building, is the new kid on the block, with what may be the best view on the west side of the Huangpu River. Going to **TMSK** (Xintiandi North Block, 00 86 21 6326 2227) after dark means you can enjoy the full impact of its bar of rainbow-hued backlit glass tiles, before moving on to the coolest dance venue in town, **La Fabrique** (8-10 Jianguo Zhong Lu; 00 86 21 6415 1600), where you'll often find an international DJ keeping the crowd pumping all night.

WHERE TO STAY

- Stay among Ming dynasty furniture at the Old House Inn (No 16, Lane 351, Huashan Lu; 00 86 21 6248 6118; oldhouse.cn), which has just 12 rooms. Doubles start at around £48.
- Expensing your trip? Head to boutique favourite Xintiandi 88 (380 Huang Pi Nan Lu, 00 86 21 5383 8833; 88xintiandi.com). Doubles start at around £177.
- If you want to stay just one block from the Bund, check in to the Westin (88 Henan Zhong Lu; 00 86 21 6335 1888), with its breathtakingly glitzy lobby and glowing glass staircase. Doubles start at around £211.

HOW TO GET THERE

Direct return flights from Heathrow to Shanghai with British Airways cost from £503.20 (World Economy) and £923.20 (Premium Economy), including taxes. To book, call 0870 850 9850 or visit ba.com



Cantonese steeped chicken

● TAKES 40-50 MINUTES, PLUS STEEPING TIME ● SERVES 6

1.3-1.5kg/3-31⁄2lb corn-fed organic chicken
1 tbsp salt
6 slices fresh root ginger
6 whole spring onions
shredded spring onions, to garnish
FOR THE DIPPING SAUCE
6 tbsp finely chopped spring onions, white parts only
11⁄2tbsp finely chopped fresh root ginger
2 tsp Maldon sea salt
5 tbsp groundnut oil

1 If the chicken is tied, undo it, then rub it evenly with the salt. Place in a large pan, cover with water and bring to the boil. (If your pan is not large enough cut the chicken into quarters.) Add the ginger and whole spring onions. Reduce the heat and simmer continuously for 30 minutes, skimming all the while. Cover tightly, turn off the heat and leave for 1 hour.
2 Meanwhile, make the dipping sauce. Combine the spring onions, ginger and salt in a small heatproof bowl. Heat the oil until very hot and pour over the spring onion mixture. Allow to cool. This sauce can also be made hours in advance or even the day before.
3 When the chicken is ready, remove it from the broth and discard the ginger and spring onions. At this point you can leave the chicken in the broth and chill up to a day ahead. Remove the chicken meat from the carcass. Remove and discard the chicken skin. Using a fork pull the meat into finger-sized shreds. Place on a platter, sprinkle with the shredded spring onions and serve with the dipping sauce.

EXCITING TIMES AT CHI'ZEN

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Chinese dining in the UAE

With so many exciting Chinese dining concepts in the UAE, you don't have to travel far to experience authentic Cantonese cuisine. *BBC Good Food ME* presents some of our favourites



■ **SHANGHAI CHIC** opened recently at Ibn Battuta Gate Hotel, Dubai and the restaurant is everything that an elegant vision of China conjures. Dressed in deep reds, black lacquer and silk, graced with subtle splashes of lime green.

The Shanghai-Canton menu features dishes that pay homage to age-old recipes and spices but with a new age twist.

■ **YUM CHA**, is The Westin Dubai Mina Seyahi's Saturday brunch concept. Simply meaning to drink tea in Cantonese, the Westin's Yum Cha Brunch offers a traditional Chinese dining concept with interesting elements including a Chinese Lion Dance, acrobats, a magician and an indoor 3D cinema for the children.

Guests can enjoy Yum Cha cuisine served steamed in bamboo baskets, and you can choose from a wide variety of Asian dishes from live cooking stations within The Westin's Blue Orange and Spice Emporium. From traditional miso soups and dim sum to the exotic Asian sweets, you can watch your meal be expertly prepared in front of your eyes.

■ Step into China in Dubai at the **CHINA CLUB**, Radisson Blu Dubai Deira Creek with its elegant ambience and food prepared with the right mix of tradition and imagination by eleven master chefs. The China Club promises to change all your preconceptions of a Chinese restaurant and take you to a higher level of indulgence and luxury.

■ Michelin-starred Chinese restaurant **HAKKASAN** opened in Abu Dhabi at the Emirates Palace last year, and is the first Chinese restaurant to be awarded a Michelin star. This 165-cover restaurant, which features a unique take on modern Chinese dining, is an exciting addition to the UAE dining scene. The restaurant opened in London in 2001, and went on to win its star in 2004.

Merging opulent design and nightclub ambience with high-quality Cantonese cooking.

Chef Lee Kok Hua, from Hakkasan London, heads up the kitchen, and he brings his own flair to the menu with new dishes that have been specifically designed for the UAE market sitting alongside Hakkasan classics such as the Peking duck with Royal Beluga caviar.



■ The best of China is showcased in all its splendour at the Shangri-La Dubai's signature restaurant **SHANG PALACE** offering fine Cantonese specialties, Chef's recommendations and a dedicated dim sum menu that changes with the seasons and brings the freshest vegetables and produce authentically prepared to your table.



■ **CHI'ZEN** restaurant opened earlier this year and the space boasts the only fully-licensed terrace in Dubai Festival City, so you can sip on a glass of wine while enjoying the menu of Cantonese cuisine. Executive chef Lai Ka Wing features classic dishes on the menu such as Kung Pao Chicken and pan-fried beef tenderloin, but for those a little more adventurous, rainbow jellyfish, braised bird's nest soup and deep fried boneless chicken wings stuffed with sticky rice is available.

The Chi'Zen kitchen has two separate specialty rooms dedicated to the preparation and cooking of dim sum and Peking duck and the dim sum menu offers delightful steaming parcels of shrimp, BBQ chicken and many more fillings, as well as the exclusive Chi'Zen Peking duck with Chinese pancakes.


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Food for the Weekend

- A family celebration
- Hot cross buns
- Country pub cooking
- Best of the brunch

Entertain in style!

52 Savoury Parmesan tartlets



55 Bun & butter pudding



69 Easy salmon sushi



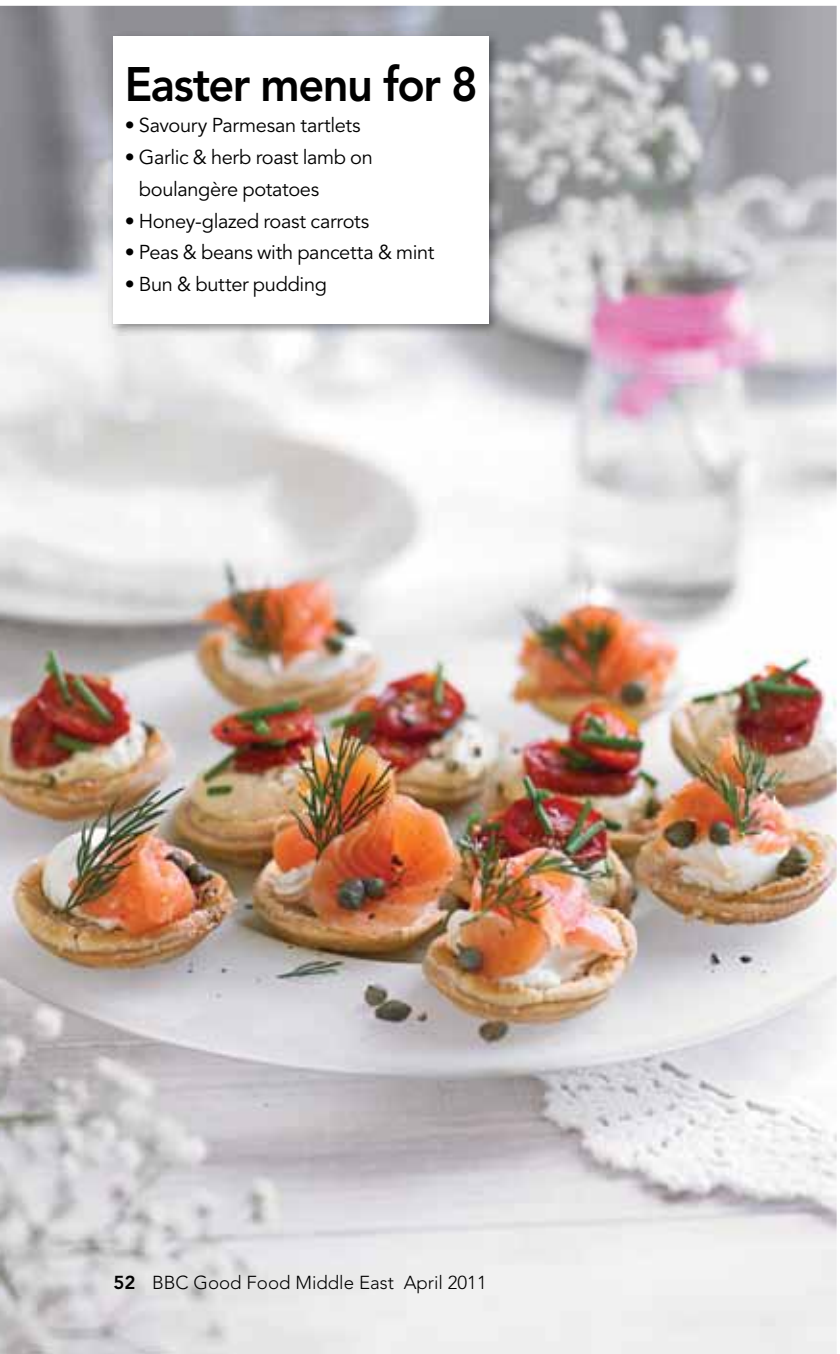
70 Coconut panna cotta with pineapple salsa



A family celebration

Easy Easter lunch

Spring lamb, the traditional choice for an Easter roast, creates the centrepiece for *Sara Buenfeld's* easy-to-cook lunch



Easter menu for 8

- Savoury Parmesan tartlets
- Garlic & herb roast lamb on boulangère potatoes
- Honey-glazed roast carrots
- Peas & beans with pancetta & mint
- Bun & butter pudding

WANT TO GET AHEAD?

- The pastry cases for the starter can be made three days in advance and kept chilled, or frozen for three months.
- The lamb can be studded with garlic and herbs and left in the fridge for up to two days. Make sure it is very well wrapped or the rest of the food in your fridge will taste garlicky.
- If you want to be super-prepared, the potatoes can be baked for 1 hour, cooled then chilled with the surface tightly covered with buttered greaseproof paper then foil. Return to the oven, uncovered for 15 minutes before topping with the half-cooked lamb.
- The Bun & butter pudding can be baked and chilled a day ahead.

Savoury Parmesan tartlets

MAKES 28 ● PREP 25 MINS ● COOK 16-20 MINS Easy ❄ BAKED CASES ONLY

These cases can be made ahead and filled at the last minute. You can also fill them with prawn cocktail, pâté and chutney, taramasalata – whatever takes your fancy.

FOR THE PARMESAN PASTRY SHELLS
375g ready-rolled shortcrust pastry sheet
flour for dusting
1 egg, beaten with a good pinch of flaky salt
3 tbsp finely grated Parmesan
HOUMOUS & ROASTED TOMATO
7 cherry tomatoes, halved
200g/7oz bought houmous
few chives
SMOKED SALMON & DILL
200g/7oz soft cheese
85g/3oz smoked salmon
dill sprigs
tiny capers, optional

1 Heat oven to 200C/180C fan/gas 6. Roll out pastry sheet on a lightly floured work surface to a large oblong measuring 30 x 40cm. Stamp out 24 rounds with a 6.5cm round cutter, then carefully place them in fairy cake or muffin tins to form tiny tarts. Prick the bases with a fork.
2 Brush the pastry with the beaten egg, scatter with the Parmesan and bake for 10-12 mins until golden. Scrunch the pastry trimmings together, then re-roll and stamp out 4 more rounds. Glaze and bake as before. When all the pastry cases come out of the oven, roast the cherry tomato halves on a baking tray for 8 mins. The cases will keep in a tin for up to 3 days or freeze for 3 months. The tomatoes will keep in the fridge for 24 hrs.
3 To serve, fill some cases with a teaspoon of houmous, a cherry tomato and a few snipped chives. Fill others with soft cheese, a twirl of salmon, dill and black pepper and capers, if you like.

PER TARTLET 107 kcals, protein 3g, carbs 7g, fat 8g, sat fat 3g, fibre 1g, sugar 1g, salt 0.34g

Photographs DAVID MUNNS | **Food styling** LIZZIE HARRIS | **Styling** LISA HARRISON | **Wine notes** SARAH JANE EVANS MW

Garlic & herb roast lamb on boulangère potatoes

SERVES 8 ● PREP 30 MINS ● COOK 1 HR 45 MINS Easy *Although this is relatively simple, it's packed with flavour. Start the lamb on its own to render some of the fat, then finish on top of the potatoes so the delicious meat juices seep into the veg.*

2kg/4lb 8oz leg of lamb
4 garlic cloves, sliced
few rosemary sprigs
few thyme sprigs
2kg/4lb 8oz large potatoes, such as King Edward
2 onions, thinly sliced
600ml/1pt chicken stock
50g/2oz butter

1 Heat oven to 190C/170C fan/gas 5. Cut small pockets into the skin and flesh of the lamb by piercing it with the point of a sharp knife. Stuff each pocket with a slice of garlic and a few leaves of rosemary, or scatter with thyme. Put in a roasting tin, season well with salt and freshly ground black pepper, then cover with foil.

2 Peel and thinly slice the potatoes, rinse under the cold tap and pile into a large ovenproof dish or roasting tin. Toss with the onions, remaining slices of garlic and a good scattering of herbs.

3 Heat the stock and butter together, then pour over the potatoes. Cover the dish with foil and bake in the oven with the lamb for 1 hr. Uncover, put the lamb on top of the potatoes and roast uncovered for 45 mins more. Allow the lamb to rest before carving, for about 15 mins. Leave the potatoes in the oven (covered, if starting to brown too much) until ready to serve.

PER SERVING 537 kcals, protein 44g, carbs 40g, fat 24g, sat fat 12g, fibre 4g, sugar 3g, salt 0.51g





Honey-glazed roast carrots

SERVES 8 ● PREP 10 MINS ● COOK 50 MINS

Easy **Superhealthy** Good source of beta-carotene, counts as 1 of 5-a-day

Roasting carrots intensifies their flavour and the honey and vinegar makes them deliciously sweet and sour. You could also try adding a little grated ginger, or a few caraway seeds.

1kg/2lb 4oz Chantenay or other small carrots, peeled
3 tbsp sunflower oil
2 tbsp white wine vinegar
2 tbsp clear honey

1 Heat oven to 190C/170C fan/gas 5. Tip the carrots into a roasting tin and toss with the oil and some salt and pepper. Roast for 30 mins.
2 Drizzle the vinegar and honey over the carrots, toss well and return to the oven for a further 20 mins.

PER SERVING 85 kcals, protein 1g, carbs 10g, fat 5g, sat fat 1g, fibre 3g, sugar 10g, salt 0.13g

Peas & beans with rashers & mint

SERVES 8 ● PREP 5 MINS ● COOK 15 MINS Easy **Superhealthy** Counts as 1 of 5-a-day

I'm a great one for combos of vegetables it saves on washing up lots of pans. You can use broad beans instead of soya beans.

1 tbsp olive oil
100g/4oz wafer thin smoked pancetta rashers (or turkey rashers)
480g pack frozen soya beans
200g/7oz broccoli
500g/1lb 2oz frozen petits pois
juice of a lemon
good handful mint leaves, roughly chopped

1 Heat the oil in a large pan and fry the pancetta until it turns golden, taking care not to burn it. Lift from the pan, then tip the soya beans into the pan juices and arrange the broccoli on top. Add 6 tbsp water, cover tightly and steam for 10 mins or until the broccoli is tender. Meanwhile, snip the pancetta into pieces with scissors.
2 Stir the petits pois into the pan and cook for 2 mins more, then remove from the heat and toss in the lemon juice, mint and crispy pancetta pieces.

PER SERVING 191 kcals, protein 15g, carbs 13g, fat 9g, sat fat 2g, fibre 6g, sugar 3g, salt 0.65g



Bun & butter pudding

SERVES 8 ● PREP 20 MINS ● COOK 50 MINS Easy *If you like to linger over a meal, you'll have time to cook this while you eat the main course. Alternatively, make a day ahead and warm it gently in the just-turned-off oven covered with foil.*

300ml pot double cream
600ml/1pt milk
4 eggs
100g/4oz golden caster sugar
1½ tsp vanilla essence
8 hot cross buns
40g/1½oz soft butter
100g/4oz marzipan, cubed
3 tbsp chunky marmalade
icing sugar for dusting

1 Heat oven to 170C/150C fan/gas 3. Warm the cream and milk in a pan overa gentle heat. Whisk the eggs, sugar and vanilla together with a fork in a large bowl, then gradually add the warm cream mixture.
2 Halve the buns and spread with the butter. Arrange in a large shallow ovenproof dish (approx 25 x 32cm), dot with the marzipan and brush the marmalade on top.
3 Pour over the cream mixture and set aside to soak for 15 mins. Press the buns down into the custard mixture as they soften.
4 Bake for 50 mins until set, then remove and allow to stand for 10 mins. Dust lightly with icing sugar and serve while still warm.

PER SERVING 581 kcals, protein 11g, carbs 61g, fat 34g, sat fat 17g, fibre 1g, sugar 44g, salt 0.41g

Hot buttered

Pastry chef Mariangela Pratt of Baker & Spice Dubai shares her scrumptious hot cross bun recipe with *BBC Good Food ME*

Hot cross buns

MAKES 15

650g plain flour
85g sugar
10g salt
35g mixed spice
35g fresh yeast
250g water
30g milk
30g egg
65g butter
75g raisins
65g citrus peel
65g currants

PIPING PASTE
100g flour
25g sugar
50g water



1 Mix flour, sugar, salt and mixed spice for one minute at the lowest speed
2 Stop the mixer and add the fresh yeast followed by water, milk and eggs until all combined.
3 Add the butter - small pieces at a time and mix at the fastest speed for a few minutes until the dough is formed and comes away from the bowl
4 Reduce the speed and add the fruit.
5 Take out of the mixer cover it with cling film and leave it in the fridge over night. it will double in volume.
6 Divide into 80g balls and put them on a tray covered loosely in cling film until they double in size.
7 Egg wash and add the paste in the form of a cross.
8 Put in a hot oven at 200°c for 12 mins and bake to a golden brown.
9 Once they are out of the oven brush with hot sugar syrup.
10 Enjoy!

During the month of April you can enjoy these hot cross buns at Baker & Spice Dubai

The ultimate makeover chocolate mousse

SERVES 4 ● PREP 20 mins
● NO COOK Easy

This sophisticated dessert is great for a dinner party.

85g/3oz dark chocolate, 70% (I used Green & Black's)
1 tbsp cocoa powder, plus extra for dusting
½ tsp coffee granules
½ tsp vanilla extract
2 egg whites
1 tbsp golden caster sugar
50g/2oz full-fat Greek yogurt
handful raspberries, to decorate

1 Chop the chocolate very finely and put it into a large bowl that will fit over a pan of simmering water. Mix the cocoa, coffee and vanilla with 2 tbsp cold water, and pour over the chocolate. Place the bowl over the gently simmering water, give it all a stir, then remove from the heat. Leave with the bowl of chocolate still over the water, stirring occasionally to check when melted.
2 Stir the melted chocolate, it will be quite thick. Stir in 2 tbsp boiling water and the chocolate will immediately thin down and become silky smooth. Leave to cool slightly.
3 Whisk the egg whites to fairly soft peaks, then whisk in the sugar until thick and glossy. Beat the yogurt into the cooled chocolate. Fold about one-third of the egg whites into the chocolate mix using a large metal spoon, then very gently fold in the rest of the whites until they are evenly mixed in – being careful not to over-mix or you will lose the volume of the mousse. Spoon into 4 small cups or (125-150ml) ramekins and chill for a couple of hours, or overnight.
4 Place each mousse on a saucer or small plate. Top with a few raspberries, then dust with a little cocoa powder. Will keep for up to 2 days in the fridge.

PER SERVING 167 kcals, protein 4g, carbs 15g, fat 10g, sat fat 5g, fibre 2g, sugar 11g, salt 0.12g

The perfect ending

A delicious dessert is incomplete without a cup of continental coffee



Country pub cooking

Saturday lunch for friends

I couldn't think of a better way to cook for friends over the weekend than with a menu inspired by a good pub lunch **MATT TEBBUTT**, TV CHEF



Sole goujons with Thai sauce

SERVES 6 ● PREP 25 MINS ● COOK 30 MINS Moderately easy

The best fish to use for this recipe is megrim sole. It isn't as handsome as a Dover but has a delicious flesh and, in my opinion, is far superior in taste to that of a plaice or lemon sole.

The Thai sauce used here is the perfect salty and acidic foil to the deep-fried fish. However, if you are serving this to kids, good old tartare sauce will go down just as well.

500g/1lb 2oz skinned megrim sole or other sustainable white fish fillets
sunflower oil, for deep-frying
FOR THE BATTER
140g/5oz plain flour, plus extra seasoned flour to dust the fish
1½ tsp fast-action dried yeast
150ml/¼pt lager
150ml/¼pt sparkling water
FOR THE THAI DIPPING SAUCE
50g/2oz green beans, trimmed
8 tbsp Thai fish sauce
3-4 tbsp soft brown sugar or palm sugar
2 garlic cloves, finely grated
3 bird's-eye chillies or 3 red chillies, finely chopped
1 ball of stem ginger in syrup, finely diced
juice 2 limes
lime wedges, to serve

1 First make the batter by mixing the flour with the yeast and some seasoning. Add the lager and enough sparkling water to make a mixture a little thicker than double cream. Cover with cling film and allow to bubble somewhere warm for at least 30 mins.
2 To make the Thai sauce, blanch the beans in boiling water for 2 mins, then drain and refresh under cold water. Slice the beans as finely as possible and set aside. Warm the fish sauce with the sugar until dissolved. Remove from the heat and add the garlic, chillies and ginger while still warm. Allow to infuse for a few mins. Add the green beans and lime juice. Add some water if it tastes a little strong.
3 Cut the fish fillets into finger-width strips and sprinkle very lightly with salt. Fill a deep saucepan, wok or deep-fat fryer one-third full with oil and heat to about 180C or until a cube of bread browns in 20 secs. Roll the fish in the seasoned flour and shake off the excess. Dip into the foaming batter and carefully place into the hot oil. Fry in batches for about 3 mins until crisp, golden and the fish is cooked through. Remove and drain on kitchen paper. Serve with the Thai dipping sauce add some lime wedges.

PER SERVING 408 kcals, protein 21g, carbs 31g, fat 23g, sat fat 3g, fibre 1g, sugar 11g, salt 4.15g

WANT TO GET AHEAD?

- The day before, portion the fish, make the dipping sauce, braise the cabbage and stew the plums.
- On the day, reheat the cabbage and plums over a low heat or in the microwave.

Photographs PETER CASSIDY | Food styling LIZZIE HARRIS | Styling LISA HARRISON

Pub food has come a long way in the past 20 years. More recently a band of chefs, including me, have done their time in some of the UK's best restaurants but have shied away from starched linen and formal service. We feel that the warmth of a country pub is more welcoming for casual dining. These gastro pubs are our equivalent of the French bistro – a place where people can eat well, seasonally and locally at reasonable prices



Place in the middle of the table and let everyone help themselves



Garlic beef

SERVES 4 ● PREP 10 MINS PLUS MARINATING ● COOK 15 MINS
Easy GOOD FOR YOU, LOW FAT

1 tbsp black peppercorns
6 garlic cloves
4 tbsp red wine vinegar
600g/1lb 5oz piece well-trimmed beef skirt

1 Crush the peppercorns and garlic with a pinch of salt in a pestle and mortar until you have a smooth-ish paste. Stir in the vinegar. Sit the beef in a non-metallic dish, then rub all over with the paste. Leave in the fridge for a few hours, but no longer.

2 To cook, place a griddle pan over a very hot heat. Rub the marinade off the meat, then season with a little more salt. Cook until charred on each side – about 5 mins each side for rare; if the cut is very thick, you may want to roast it in a hot oven for 5 mins after searing. Lift onto a chopping board, then rest for 5 mins before carving into slices. Serve with chips, if you like.

PER SERVING 205 kcals, protein 34g, carbs 3g, fat 6g, sat fat 2g, fibre none, sugar none, salt 0.24g



Creamy rice pudding with stewed plums

SERVES 6 ● PREP 10 MINS ● COOK 1 HR Easy

FOR THE PLUMS
200ml/7fl oz Port
200ml/7fl oz red wine
1 cinnamon stick
1 star anise
100g/4oz clear honey
zest and juice 2 oranges
500g/1lb 2oz plums, halved and pitted
FOR THE RICE PUDDING
1 litre/1½ pints full-fat milk
250ml/9fl oz double cream
1 vanilla pod, split
1 cinnamon stick
100g/4oz caster sugar
200g/7oz pudding rice
50g/2oz salted butter
250g tub mascarpone

1 Heat oven to 140C/120C fan/gas 1. Bring the Port and wine to the boil in a pan, with the cinnamon and star anise. Reduce by half, then add the honey, orange zest and juice.
2 Pour the liquid over plum halves in a roasting tin, cover with wet baking parchment and very gently poach in the oven for 30 mins until soft but not exploding. Allow to cool in the liquid, gently removing the skins if you like, but it's not necessary.
3 Meanwhile, make the rice pudding. Put the milk, cream, vanilla pod, cinnamon stick and sugar in a pan. Bring to the boil, then remove from the heat and leave to infuse for 1 min.
4 Place pan back on the heat, pour in the rice and stir. Simmer for 40 mins, stirring frequently, until the rice is soft. Remove from heat and keep warm. When ready to serve, remove vanilla pod and cinnamon. Stir in the butter and mascarpone. Spoon into large coffee cups or bowls and top with some of the stewed plums.

PER SERVING 886 kcals, protein 11g, carbs 82g, fat 56g, sat fat 33g, fibre 2g, sugar 57g, salt 0.49g

The healthy ingredient

QUINOA

Versatile quinoa makes a nutritious alternative to pasta or rice, says our health expert *Natalie Savona*



What is quinoa?

This wonderful grain has been a staple in the Andes region of South America for thousands of years. The Incas considered it sacred, even calling it the 'mother grain'.

Why is it good for me?

Quinoa – pronounced 'keenwa' – is remarkably rich in protein, providing twice as much as brown rice. So it's especially useful for vegetarians, even more so for vegans. Legends tell of Incan armies marching for days, sustained on quinoa alone.

It is also high in fibre, both soluble and insoluble. One portion (40g, dry weight) will give you 3g of fibre, or a sixth of your daily needs, rivalling that in prunes. Fibre is crucial for bowel and cardiovascular health, reduces the risk of some cancers and gives food a sustained release of energy.

Scientists have found that quinoa induces a particularly good feeling of satiety (fullness) after eating it, lessening the likelihood of food cravings soon afterwards.

It also contains no gluten, so it can add welcome variety for those with coeliac disease and anyone else wanting to avoid common gluten grains, such as wheat or oats. What's more, a serving provides about half of your daily folate requirement (particularly valuable for women intending to get pregnant) and a third of your ideal daily intake of magnesium, essential for healthy bones and cardiovascular wellbeing.

How often should I eat it?

Weight for weight, quinoa contains 70 per cent more iron than spinach, and three times more than steak (although the iron in meat is more absorbable). Given that the average adult woman often lacks iron in her diet – many get only 10mg of the recommended 14.8mg a day – we would do well to have quinoa as part of our regular nourishment. You could certainly enjoy it every day; however, to ensure that you get a full range of nutrients, it is advisable to eat it along with a variety of foods.

5 REASONS TO EAT QUINOA

- High in protein
- Packed with fibre
- Contains iron
- Gluten-free
- Helps you feel full, curbing cravings

What else should I know?

Cooking quinoa is surprisingly easy to get right – more so than rice, I find – see our easy recipe, right. When ready, it has the appearance of mini flying saucers with a 'tail' that forms as the germ separates from the seed. Simmering quinoa in stock will give it a richer flavour; you can also add quinoa to soups for extra goodness and a thicker texture.

Quinoa has a mild nutty flavour and a similar texture to couscous. Serve it as you would rice or couscous, or use it as a base for a salad. You can find puffed quinoa as a breakfast cereal, and quinoa flour is available for those seeking a gluten-free alternative for home baking.

Quinoa tabbouleh

SERVES 4 ● PREP 10 MINS PLUS STANDING ● COOK 10 MINS

Easy V **Superhealthy** Good source of folic acid, counts as 1 of 5-a-day

200g/7oz quinoa
juice 1-2 lemons
4 tbsp olive oil
small bunch mint, chopped
small bunch flat-leaf parsley, chopped
bunch spring onions, sliced
½ cucumber, deseeded and diced
handful walnuts, chopped

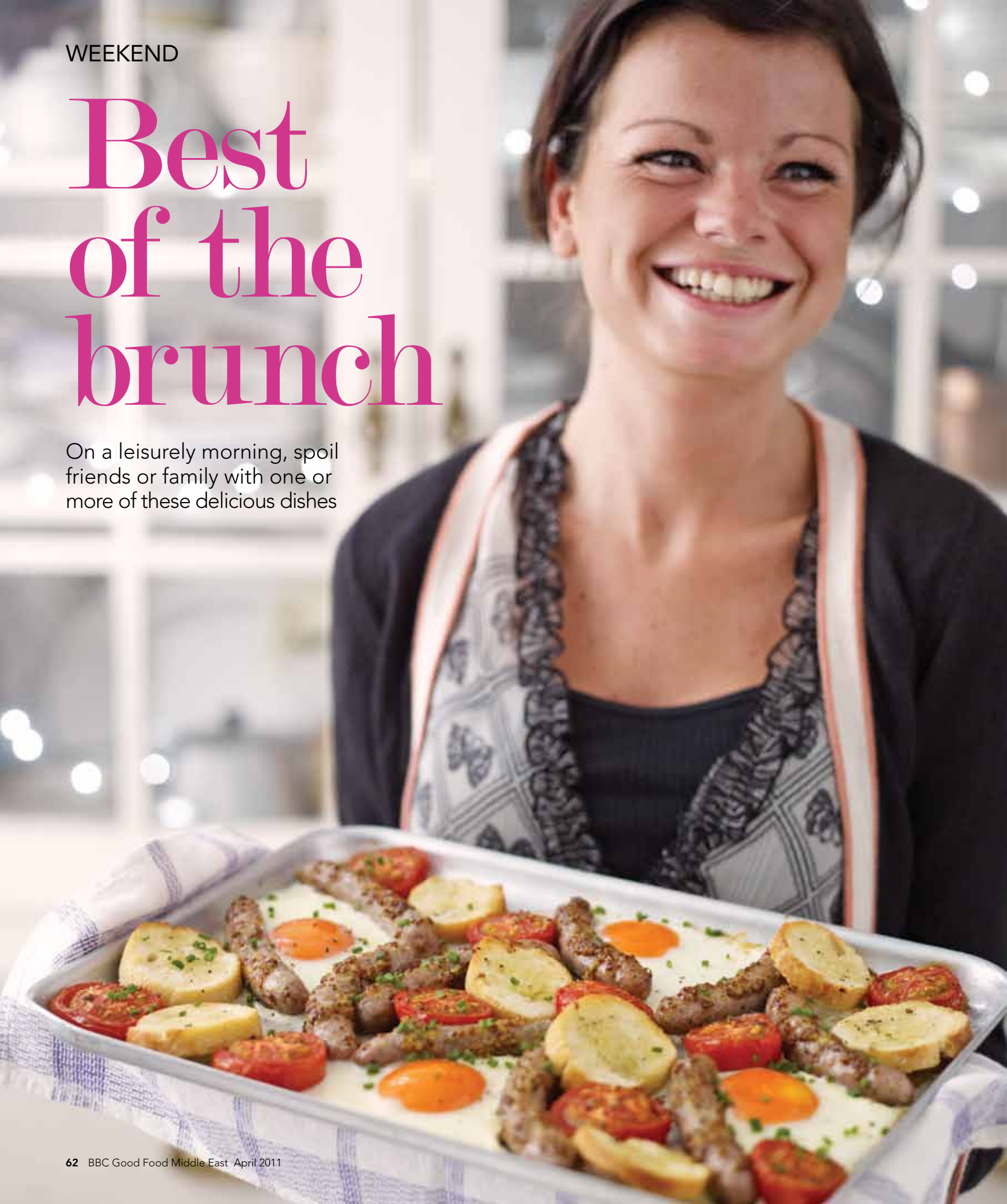
1 Rinse the quinoa well and place in a pan with about double the volume of water. Bring to the boil, cover, reduce the heat and gently simmer for 10 mins or until the grain unwraps itself. Turn off the heat and leave to cool slightly, then drain any remaining water.
2 Season the quinoa, stir in the lemon juice and oil and leave to cool fully. Stir in the other ingredients, then serve.

PER SERVING 310 kcals, protein 9g, carbs 30g, fat 18g, sat fat 2g, fibre 1g, sugar 5g, salt 0.02g

Recipe photograph GARETH MORGANS | Food styling JENNIFER JOYCE | Styling LISA HARRISON

Best of the brunch

On a leisurely morning, spoil friends or family with one or more of these delicious dishes



Honey mustard sausages with tomatoes & eggs

SERVES 6 ● PREP 10 MINS ● COOK 20 MINS Easy

No frying pans needed for this full English breakfast – everything gets cooked together. Thick bacon is also nice with the honey-mustard glaze if you want to use it instead of the sausages.

a little butter, for the dish
18 chipolata sausages
250g/9oz large cherry tomatoes, some halved, others left whole
1 tbsp wholegrain mustard
1 tbsp honey
12 slices French bread
6 eggs
a few chives, snipped

1 Heat oven to 200C/180C fan/gas 6. Butter 1 very large baking tray or 2 small ones. Put the sausages and tomatoes in the tray. Cook for 15 mins, then remove from the oven.
2 Mix the mustard and honey together and drizzle over the sausages. Add the bread slices to the tray and crack the eggs in between the other ingredients. Put back in the oven for 6 mins more oruntil the eggs are just set. Serve with chives sprinkled on top.

PER SERVING 454 kcals, protein 21g, carbs 33g, fat 28g, sat fat 9g, fibre 2g, sugar 7g, salt 2.35g

Mimosas

SERVES 6 ● PREP 5 MINS ● NO COOK

Easy *Kick off your day with this classic simple cocktail, which works with any sparkling wine, Champagne or prosecco. For a non-alcoholic version, mix orange juice with sparkling water.*

1 bottle Champagne or sparkling wine, chilled
1 litre/1¾ pints freshly squeezed orange juice, chilled

Half-fill each of 6 glasses with Champagne, then carefully pour in the orange juice until the glass is full.

PER SERVING 147 kcals, protein 1g, carbs 20g, fat none, sat fat none, fibre none, sugar 20g, salt 0.02g

Quick cocktail – just two ingredients

Brunch feels like such a treat. It's a brilliant way to entertain – serve a mix of savoury and sweet dishes so that your guests can choose what they like

Stack up these American-style pancakes – scrumptious!



American-style pancakes with vanilla berry compote

SERVES 6 ● PREP 20 MINS ● COOK 30 MINS Easy *This delicious compote is made with frozen fruits, which are a hidden gem in the winter for taste, colour and ease of use. Best of all, they don't cost much.*

FOR THE COMPOTE
500g/1lb 2oz frozen mixed summer fruits
100g/4oz caster sugar
1 tsp vanilla extract
FOR THE PANCAKES
250ml full-fat milk
2 eggs
4 tbsp sunflower oil, plus extra for frying
175g plain flour
4 tsp baking powder
1 tbsp caster sugar

1 To make the compote, put all the ingredients into a medium saucepan with 1 tbsp water. Stir and simmer gently over a low heat for 15 mins until warm and syrupy.

2 Meanwhile, make the pancakes. Mix the milk, eggs and oil in a bowl. In another bowl, mix the flour, baking powder, sugar and 1 tsp salt. Stir the dry ingredients together, then slowly pour in the wet ingredients until just combined.
3 Heat a non-stick frying pan and add about 1 tsp oil. Pour in about 75ml of the pancake batter. When bubbles form on top, flip the pancake over and brown the other side. Keep the heat on medium so the middle cooks. Keep warm in a low oven while continuing to make pancakes with remaining batter.
4 Serve warm pancakes topped with warm or room temperature compote.

PER SERVING 367 kcals, protein 8g, carbs 52g, fat 16g, sat fat 3g, fibre 3g, sugar 29g, salt 1.78g



Chocolate & almond croissants

SERVES 6 ● PREP 5 MINS ● COOK 5 MINS

Easy *Ready-made marzipan makes a quick version of frangipane when heated. If you're not keen on marzipan, make these using just the chocolate.*

6 croissants
100g/4oz marzipan, broken into small pieces
50g/2oz toasted sliced almonds
50g/2oz milk chocolate, chopped

1 Heat oven to 180C/160C fan/gas 4. Slice into each croissant lengthways, but don't go all the way through – they should open like books. Sprinkle or spread the bottom half of each with marzipan, followed by 1 tsp almonds and 1 tbsp chocolate.
2 Close up, put on a baking sheet and sprinkle the remaining chocolate and almonds on top. Bake for 5 mins or until the chocolate has melted. Serve warm.

PER SERVING 384 kcals, protein 8g, carbs 43g, fat 21g, sat fat 6g, fibre 2g, sugar 20g, salt 0.67g

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BBC GoodFood MIDDLE EAST

Show-off lamb dish

If you want to impress this Easter, Lafayette Gourmet's confit shoulder of spring lamb with wild garlic, spinach, rosemary fondants, olive and tomato jus by chef Robert Lawson will most definitely be a dinner party hit

Scrumptious spring lamb

SERVES 15

1.6 kg lamb shoulder boneless
250g veal bacon
2kg duck fat
1 bulb wild garlic
3 carrots
300g celery
4 bay leaves
1 tsp black peppercorns
2 white onions
250g baby spinach
70g butter
1 sprig rosemary
1 sprig thyme
4 potatoes
40g black olives
2 plum tomatoes
500ml chicken Stock
400ml jus
2 shallots
1 cauliflower
500ml double cream
5g salt
5g pepper

LAMB

1 Ask your butcher to remove the bones from the lamb shoulder, and remove some of the large fatty pieces, although it is not necessary to remove it all.

2 Chop the carrots, onion and celery roughly and place into a deep oven dish. Add the unpeeled wild garlic cloves, the bay leaves, the peppercorns, some of the rosemary and all of the thyme. Place the lamb onto the vegetables, melt the duck fat and pour onto the lamb so that it is covered.

3 Cover the dish with tin foil and cook in a low oven (around 120 - 140 degrees) for 3 hours until the lamb is very tender. Allow to cool a little and then carefully remove the lamb from the dish. break the lamb down into chunks and strips. Season the meat, add in some chopped rosemary and just a spoon of the duck fat.

4 Lay some cling film onto a work surface and roll the lamb in the cling film to form a sausage shape. Wrap it tightly and put in the fridge to cool completely.

5 When the lamb has cooled it should be set hard with the fat and you can remove the cling film. Wrap the lamb in the veal bacon and cut into four equal portions.

FONDANT POTATOES

Cut the potatoes into equal shapes, line them up on an oven dish, brush the tops with melted butter and half cover them with chicken stock. Add a few sprigs of rosemary to the tray and cook in a low oven for around 30 - 40 mins.

CAULIFLOWER PUREE

Finely chop the cauliflower, and the shallots. Saute some of the shallots in a little butter add some chopped garlic, and the cauliflower. Just cover the cauliflower with cream and boil until the cauliflower is cooked. Blend the mixture in a food processor to form a puree.

OLIVE AND TOMATO JUS

For the basis of the sauce we use in the store a jus which is made from the lamb bones, but for simplicity at home a lamb stock is a good substitute. Sweat some diced shallots in a pan until translucent and add a little crushed garlic. Add the jus (or reduced lamb stock) and at the last minute add the diced plum tomato and black olives. Season to taste.



Photography CRIS MEJORADA

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Relaxed girls' night

Emma Lewis serves up an Asian-inspired menu of light, fresh dishes – perfect for a seasonal get-together with friends

PHOTOGRAPHS **LIS PARSONS**

MENU SERVES 6

DRINKS AND NIBBLES

- **Saketinis**
- **Refreshing carrot & ginger dip**

HELP-YOURSELF BUFFET

- **Sesame beef wraps**
- **Teriyaki tuna skewers**
- **Easy salmon sushi**
- **Citrus soba noodles**
- **Crunchy cucumber & radish salad**
- **Chilli green salad**

PUDDING

- **Coconut panna cotta with pineapple salsa**

Make stylish Saketinis

If you enjoy a Martini, you'll love its Japanese cousin, the Saketini. Simply shake together equal quantities of vodka and sake with plenty of ice, then strain into Martini glasses and top with a cucumber slice.

Refreshing carrot & ginger dip

Whizz together **1 chopped carrot**, **1cm piece fresh root ginger**, **1 tsp rice wine vinegar**, **1 tsp soy sauce** and 3-4 tbsp cold water in a food processor. I like to serve this with **small rice crackers**, but you can also set out a selection of **sliced crunchy vegetables**.





Sesame beef wraps

Sesame beef wraps

SERVES 6 AS PART OF THE MEAL ● PREP 20 MINS ● COOK 10 MINS Easy

1 tbsp vegetable oil
175g/6oz beef steak, cut into thin strips
1 red pepper, deseeded and thinly sliced
2 garlic cloves, thinly sliced
2cm piece fresh root ginger, thinly sliced and cut into matchsticks
1 tbsp sesame seeds
2 tbsp soy sauce
1 tsp sesame oil
2 Baby Gem lettuces

1 Heat oil in a large frying pan. When the pan is really hot, tip in the beef and pepper, then cook for a few mins until lightly browned and the beef is cooked through. Tip in the garlic, ginger and sesame seeds, then cook for 1-2 mins more, stirring often until they start to turn golden.

2 Pour over the soy sauce and 2 tbsp water, let it bubble down a bit until it starts to look syrupy, then drizzle with the sesame oil. Separate the leaves from the lettuces and arrange on a plate. Spoon a little of the beef mixture into each leaf, drizzle with pan juices and serve warm.

PER SERVING 99 kcalories, protein 7g, carbohydrate 3g, fat 7g, saturated fat 2g, fibre 1g, sugar 2g, salt 0.95g



SIMPLE SALADS

Crunchy cucumber & radish salad

Thinly slice ½ **cucumber** and ½ **bunch radishes**, and arrange on a plate. Whisk together **2 tsp vegetable oil** and **1 tsp rice wine vinegar**, and drizzle over the vegetables to serve.

Chilli green salad

Mix together **1 tbsp sweet chilli sauce**, **1 tsp soy sauce**, **zest 1 lime** and **1 tsp lime juice**. Toss together with a **145g bag spinach**, **rocket** and **watercress salad** and serve immediately.

ASIAN INGREDIENTS

Soy sauce I like to use Kikkoman, which is naturally brewed with a deep, rich taste.
Rice vinegar Made from fermented rice, this is less acidic than European vinegars. Most larger supermarkets stock it, but you can use white wine vinegar instead – just halve the quantity required.
Soba noodles These buckwheat noodles can be found in Waitrose, Asian and health food stores, or online. If you can't get hold of them, wholewheat spaghetti or linguine are good alternatives, or you could use thin Asian rice noodles, which are available in many supermarkets.
Sushi rice This short-grain rice is perfect for sushi as it moulds together well but doesn't become too sticky. You'll find it in specialist sections of supermarkets. If you can't find it, use risotto or other short-grain rice.



Teriyaki tuna skewers

SERVES 6 AS PART OF THE MEAL ● PREP 20 MINS PLUS MARINATING ● COOK 5 MINS Easy LOW FAT *Slices of mango and spring onion make these skewers really vibrant and light.*

30ml/1fl oz soy sauce
50ml/2fl oz mirin
1 tsp caster sugar
250g pack tuna steaks
1 tsp vegetable oil
1 mango, peeled
3 spring onions

1 Make a teriyaki sauce by mixing the soy sauce, mirin and sugar in a shallow dish. Put the tuna steaks in the dish, turn over a few times so they're coated with the sauce, then leave in the fridge to marinate for at least 1 hr and up to 2 hrs.
2 To cook, heat a large frying pan. Take the tuna steaks out of the marinade and pat dry, then rub all over with the oil. Fry the tuna for 2 mins on each side, so they are still pink in the middle. Remove from the pan, then pour in the marinade and 2-3 tbsp water. Bring to the boil and cook for a few mins to heat through. Strain through a sieve into a small dipping bowl.
3 To serve, slice the cooked tuna, mango and spring onion into bite-size pieces. Thread onto wooden skewers, then serve warm or cold with the dipping sauce.

PER SERVING 116 kcalories, protein 11g, carbohydrate 14g, fat 3g, saturated fat 1g, fibre 2g, sugar 10g, salt 0.96g



Easy salmon sushi

SERVES 6 AS PART OF THE MEAL ● PREP 20 MINS PLUS COOLING ● COOK 20 MINS Easy LOW FAT

300g/10oz sushi rice (see box, p127)
4 tbsp rice wine vinegar (see box, p127)
1 tbsp caster sugar
200g pack smoked salmon slices

1 Tip the rice into a sieve. Place under a cold running tap and rinse until the water runs clear, then drain really well and place in a saucepan. Pour over 350ml water. Bring to the boil and cook about for 5 mins until most of the liquid has boiled away and small holes appear in the rice. Turn the heat down as low as it will go. Cover the pan with a really tight-fitting lid or tin foil and leave for 10 mins. Then turn off the heat and leave for another 10 mins.
2 Heat the rice wine vinegar, sugar and a pinch of salt together in the microwave for about 30 secs until the sugar dissolves. Tip the cooked rice into a large bowl. Pour over the warm rice wine mixture and stir through, then leave the rice to cool down.
3 Line a 20 x 20cm baking tin or similar-size dish with a double layer of cling film. Spread the sushi rice over the bottom of the tin (the mixture will be a little sticky, so you may have to wet your hands to do this). Then cover the rice completely with smoked salmon slices. Fold the cling film over the salmon to cover, pressing down well with your hands to mould everything together. You can chill the sushi in the fridge until ready to use, but try not to chill it for longer than 3 hrs or the rice will harden.
4 To serve, dip a sharp knife into a little hot water to stop the rice from sticking, then cut into 16 rectangles.

PER SERVING 216 kcalories, protein 12g, carbohydrate 41g, fat 2g, saturated fat none, fibre none, sugar 3g, salt 1.6g



Citrus soba noodles

SERVES 6 AS PART OF THE MEAL ● PREP 10 MINS ● COOK 5-10 MINS Easy V LOW FAT

250g pack soba noodles (see box, p127)
4 spring onions, shredded
zest and juice 1 lime
2 tbsp soy sauce

Cook the noodles in boiling water according to pack instructions, about 7 mins, then rinse under cold running water until cool. Drain well. Tip into a bowl and toss with the spring onions, lime zest and juice, and soy sauce.

PER SERVING 147 kcalories, protein 6g, carbohydrate 32g, fat none, saturated fat none, fibre none, sugar 1g, salt 1.74g

TIP To make your spring onions curl up, place the sliced onions in a bowl of iced water for about 10 mins. Drain well before adding to the noodles.



Coconut panna cotta with pineapple salsa

SERVES 6 AS PART OF THE MEAL ● PREP 10 MINS PLUS CHILLING ● COOK 5-10 MINS
Moderately easy

2 x 400ml cans coconut milk
400ml/14fl oz full-fat milk
100g/4oz caster sugar
1 vanilla pod
2 x 12g sachets powdered gelatine
handful coconut chips, toasted
FOR THE PINEAPPLE SALSA
85g/3oz caster sugar
25g/1oz fresh root ginger, thinly sliced
250g pack fresh pineapple, cut into small pieces
1 red chilli, deseeded and finely chopped

1 Pour the coconut milk and milk into a saucepan, then add the sugar. Split the vanilla pod in half and scrape out the seeds, then add to the pan with the empty pod. Bring to the boil, then remove from the heat and leave to infuse for 5 mins.
2 Spoon 200ml of the hot mixture into a small bowl. Shake over the gelatine and whisk into the mixture until dissolved. If you have difficulty dissolving the gelatine, return the mixture to a gentle heat for 1-2 mins (see Know-how, above right). Stir into the rest of the coconut mixture, discarding the vanilla pod. Pour into 6 x 200ml metal dariole moulds and place in the fridge for at least 2 hrs until firm with a slight wobble. Can be made up to 2 days ahead.
3 For the salsa, tip the sugar and ginger slices into a small saucepan and pour over 100ml water. Bring to the boil, then reduce the heat to a simmer and cook for another 5-10 mins until it turns slightly syrupy and light golden. Leave to cool, then discard the ginger slices. The syrup can be made up to 1 week in advance.
4 To serve, dip each dariole mould into boiling water for a moment to loosen the panna cotta, then turn onto a serving plate. Place some toasted coconut chips on top. Arrange the sliced pineapple beside each panna cotta and scatter with chopped chilli. Drizzle with ginger syrup to finish.

PER SERVING 418 kcalories, protein 8g, carbohydrate 44g, fat 25g, saturated fat 21g, fibre 1g, sugar 44g, salt 0.49g

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Seville's
Planet Hollywood
Belucci
Biella (Wafi Only)
The Square

GARHOUD, DUBAI
Shahista

OCEAN, THE PALM JUMEIRAH
West 14th

THE MONARCH DUBAI
Ruth's Chris Steak House

MEYDAN HOTEL
Farriers
Prime
Shiba

RADISSON BLU DUBAI DEIRA CREEK
Shabestan
Fish Market
China Club
Friday Fun Food Festival

SWISS-BELHOTEL DUBAI
Kebab Connection
Senses
Liquid Lounge

THE METROPOLITAN HOTEL
Don Corleone
Shahjahan
Fish Bazaar
Summer Place

GRAND MILLENIUM DUBAI
Toshi
Dante
Atrium

CORAL BEACH RESORT SHARJAH
Al Bahar
Al Dente
Casa Samak

* Please note that this offer is for food only, with a maximum of five people dining at one time. The loyalty card cannot be used at brunches, on special occasions such as Eid, Christmas and New Year's Eve, and cannot be used in conjunction with other promotions.

Email **marizel@cpidubai.com** to enquire about receiving your loyalty card.

The last bite

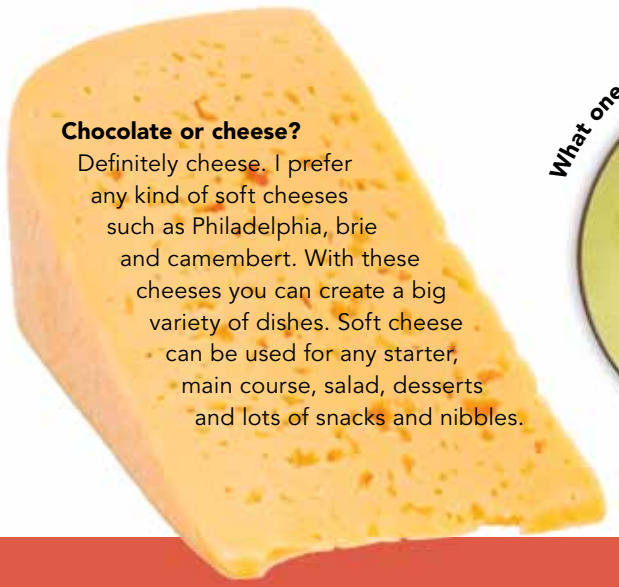
Executive Chef Hassan Massood of Radisson Blu Hotel, Dubai Media City shares his passion for cooking, food and travel



What is your cooking inspiration?
Studying in some of the best culinary hotel schools and working with some great Michelin-starred chefs around the world; this gave me and still gives me inspiration in cooking. Besides this, guests giving any kind of feedback and sometimes even challenging me with last minute requests inspires me to spice up my daily work in the kitchen.



When not on the job, where do you like to eat out in Dubai? I love to dine out in fusion restaurants where I can find global/international cuisine. My favourite place for Friday Brunch is Al Qasr, Jumeirah.



Chocolate or cheese?
Definitely cheese. I prefer any kind of soft cheeses such as Philadelphia, brie and camembert. With these cheeses you can create a big variety of dishes. Soft cheese can be used for any starter, main course, salad, desserts and lots of snacks and nibbles.



What one ingredient can't you live without? Rice

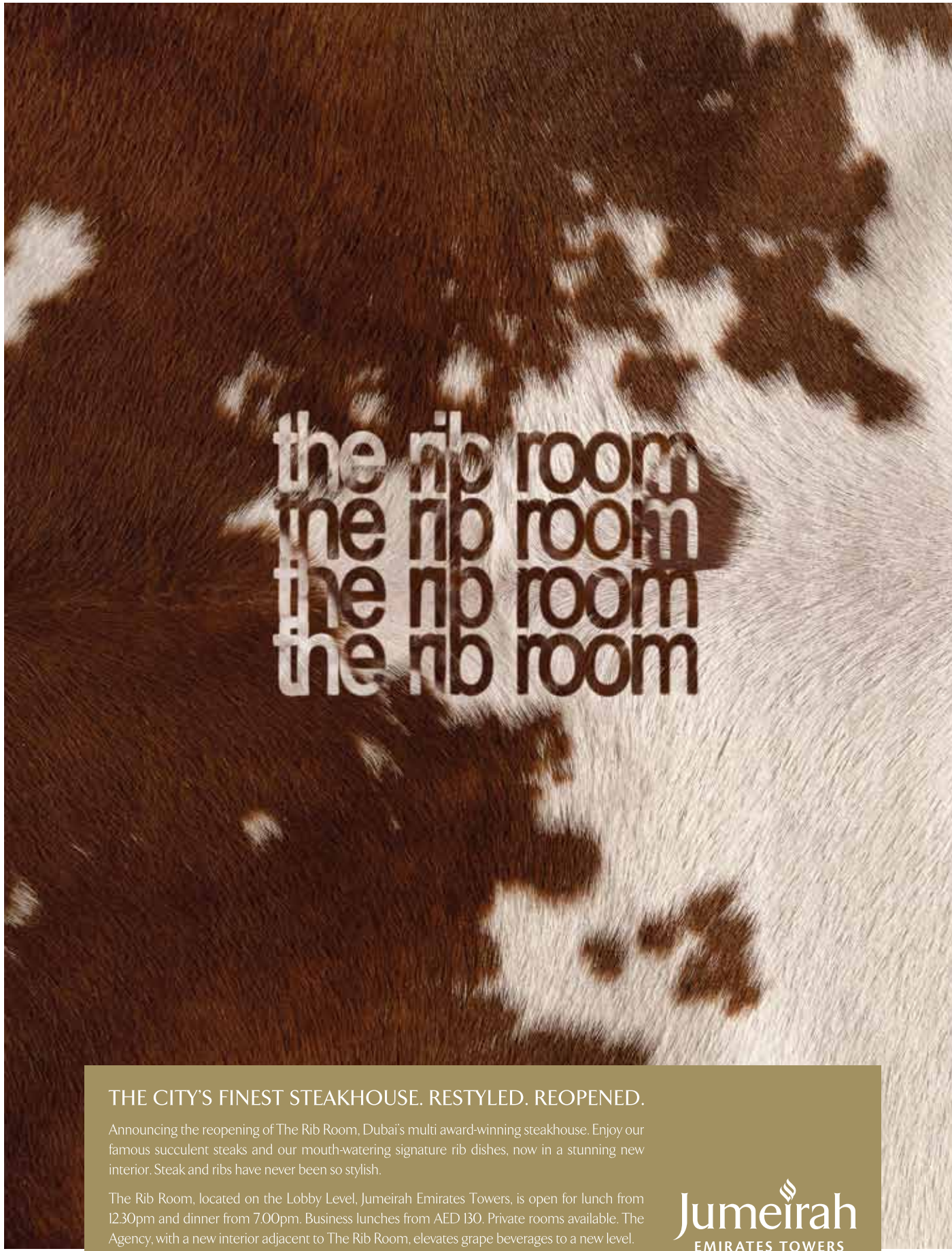
What gives you the greatest joy as a chef?
As a chef, there is always something new to try; a new setup, new recipes to create with new and different dishes. There is no day where you do exactly the same as you did the day before, so work never gets boring. Customers sometimes challenge the chefs and we need to react on the spot.



What is your guilty food secret?
I love eating cookies while watching movies at night.



What is your ultimate gourmet destination? Singapore – it is a place where you can find all kinds of food from western to Asian flavours with a twist of fusion cuisine.



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